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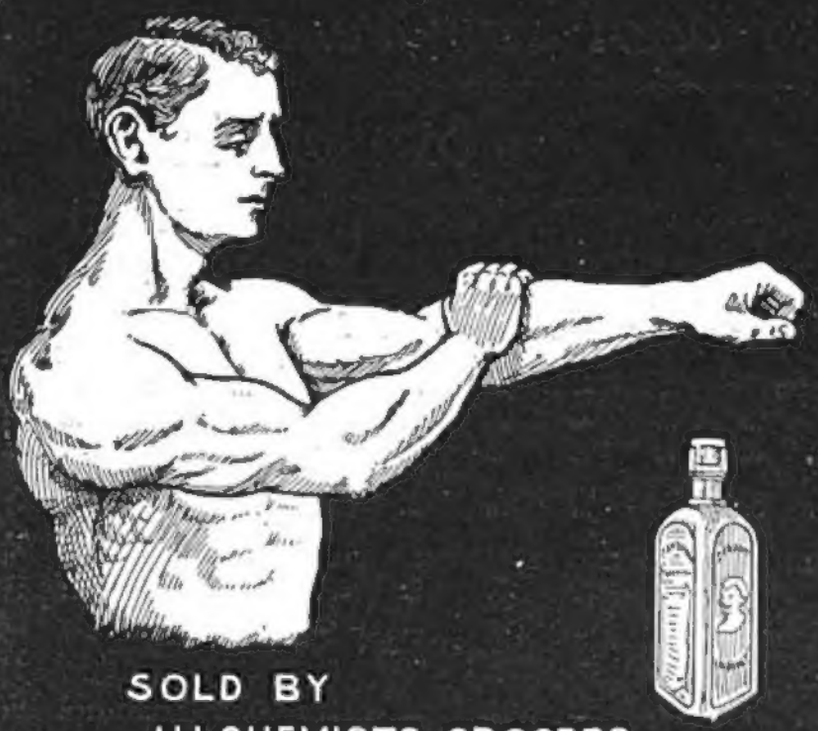

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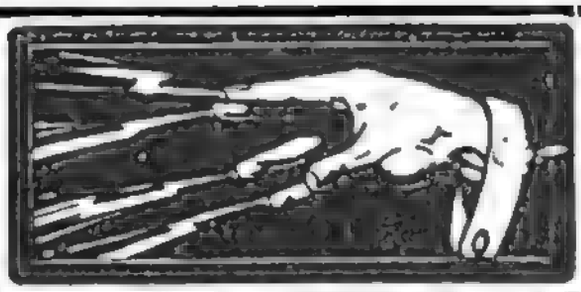

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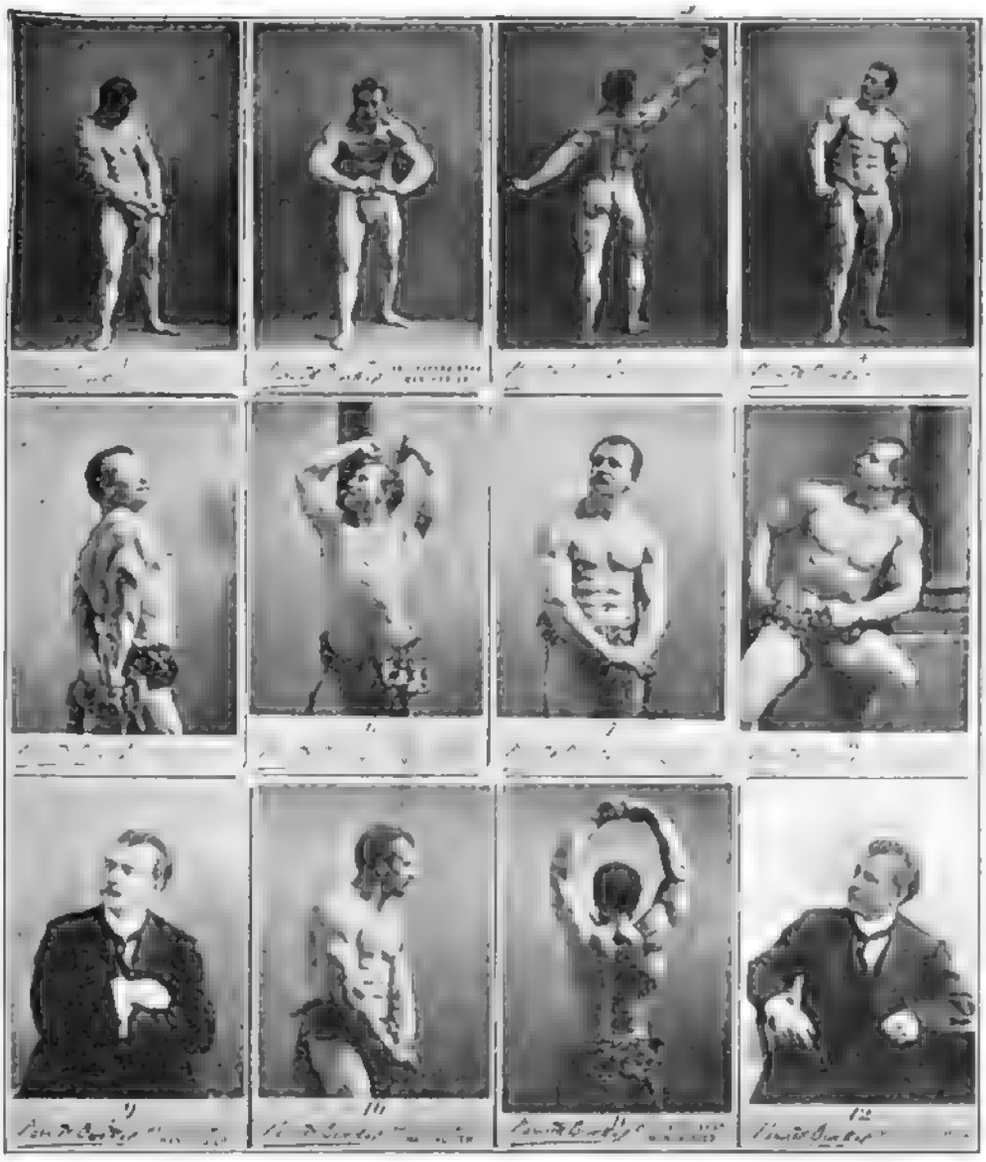

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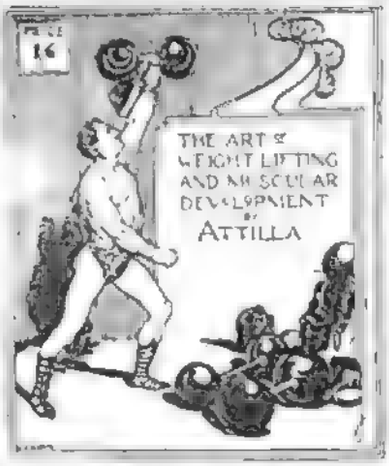

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MERCURY AND PSYCHE. By R. Price.

The Food of the Masses.

BEFORE entering into the question of the food of the people, which, in common with food generally, is the subject of so much discussion at the present time, I would like to call the attention of my readers to the Special Supplement which will be found at the end of this number. Whilst, perhaps, providing rather "dry" reading, I feel sure it will be perused with a certain amount of interest by all who have physical culture and the welfare of the nation at heart, and if by bringing to the general notice the result of the Government Commission should cause some others who are still hanging back to see the vital importance of the question, and so convert them into fervent physical culturists, then my object is achieved. I believe that in a measure some apology is due to you from me, for the delay in the publication of this said supplement, which it was intended should have appeared with last month's issue. Unfortunately, however, my letter containing the last batch of comments did not catch the post from America (where I have been lecturing with, I am glad to say, splendid results) in time, so that we were compelled to go to press without them. However, "better late than never;" but where there is such pressing need for reform I trust that the public bodies interested in the great question will not make that their motto, but rather the other old adage, "A stitch in time saves nine."

But all this is beside the question which under the above heading I have set myself and my readers to consider. There is one portion of the Report of the Commissioners which requires very careful consideration, and that is the question of proper feeding of school children, especially amongst the poorer classes. As everyone knows, to build up and maintain a proper standard of physical excellence, the tissue of the body must receive proper stimulation, so as, to use an anomaly, that wasted in the building up may be suitably renovated. The necessity of obtaining the most for money is an essential with the poorer classes, but even this need not prevent them obtaining foods which supply frame-forming as well as fuel-providing properties, or in other words, a judicious combination of proteids and carbohydrates. Potatoes, white bread, sugar, jam, and sometimes milk puddings, together with an occasional supply of butcher's meat, form at the present time the chief items of diet amongst

the poorer classes, and all of these are essentially fuel-forming foods or carbohydrates. Of course, these are required to a large degree, but not to the exclusion of the proteids. In place of the articles of consumption enumerated above, a celebrated physician who has made the question of the feeding of the masses an especial study, recommends the substitution of brown bread, porridge without sugar, meat, if the parents can afford it, and good milk. At the same time he emphasises the fact that to raise the physical standard of the poorer classes physical exercise and fresh air are great essentials. He maintains, also, that a change of diet, as suggested, and more attention to physical education by the masses would result in the average height being raised by four inches, and the chest measurement increased by three inches. This is a very sanguine view to take of the situation, but I am with him in believing such to be the case, and the view coming from such an eminent member of the medical profession should carry with it considerable weight. There are, however, amongst the poor a class which, I fancy, it would be most difficult to educate into the art or system of proper feeding. I allude to those parents who care not how, when, or what they themselves consume, and who treat their children on the same or even less considerate lines. These are the ones whom the members of the Commission evidently had in mind when, considering the question of feeding, they were inclined to recommend State interference by legislation. This may seem a very harsh course to pursue, and by some might be construed into a question of interfering with the liberty of the subject; but I, for one, feel that, when the means are at hand, to deny a child the food necessary for the proper nourishment of its body to so enable it to go through life fairly is equally as bad as bodily cruelty. What a number of poor children at the present time have to go to school in the morning, with perhaps a slice of white bread and jam to eat on the way as breakfast, for the midday meal probably ditto, and on this will have to go through the same course of learning as the well-fed child, receiving punishment if the task is not fulfilled, without any regard to the lack of condition. Undoubtedly all this will have to be changed, and quickly, too, if an improvement is to be brought about amongst the poorer classes.

Milk is a very necessary article of diet for children, and it would be as well if adults would realise its value more fully, for it contains a large percentage of proteid matter. These properties have, after many futile attempts, now been obtained in dry form under the name of Plasmon. Whilst for children the raw product is more favoured, Plasmon is undoubtedly an ideal form for the adult, owing to its easy combination with other foods, adding not only to their power of nutrition but also facilitating digestion. As this article, however, is intended to deal with the question of the feeding of children, I need not go deeper into the subject as regards adults, which I have already treated upon in a previous number.

Indian Clubs.

SNAKE-TWISTS.

By AN AMATEUR CHAMPION.

OF all the innumerable swings and twists which can be executed with Indian clubs, few are more difficult to explain on paper than those made with the "reverse" grip. The most complicated of these are the "snake-twists," and it is my intention here to describe the ordinary or outward snake-twist, after mastering which the reverse or inward twist will be picked up easily enough.

FIG. 1.

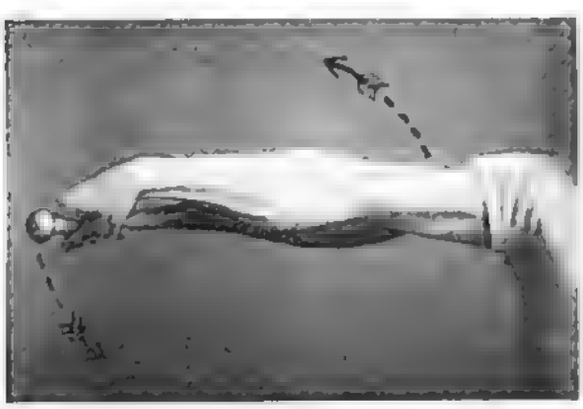


FIG. 2.

Practise first changing from the ordinary to the reverse grip. This change, as mentioned in a former article, is the only movement in pure club-swinging where the knob of the club is allowed to slip round in the fingers.

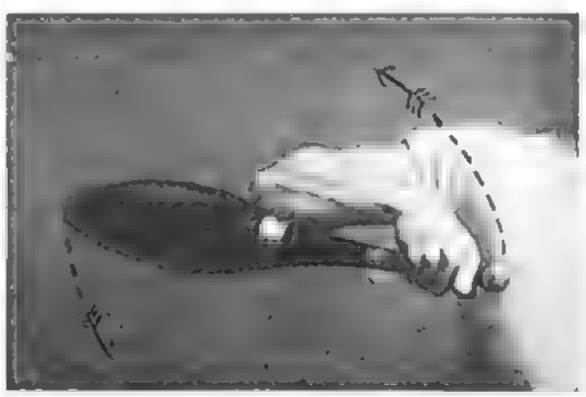


FIG. 3.

THE CHANGE.

Make an ordinary side twist at arm's length, allowing the knob to slip into the fingers. Continue the movement for another half-

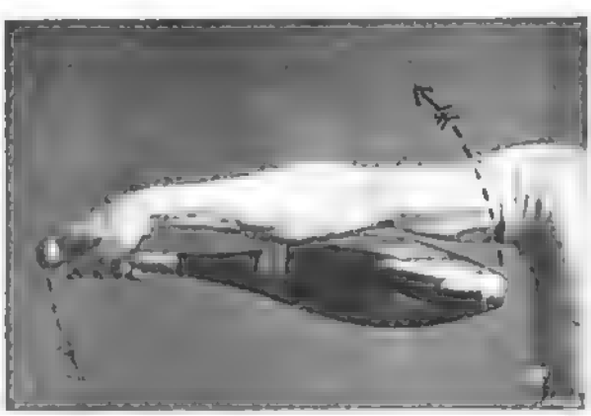


FIG. 4.

circle, this time letting the handle turn completely round in the hand till it is held in the "reverse" grip, *i.e.*, as one would hold a dagger. Practise this change till it can be

made easily and without any danger of the club falling.

The "Snake-Twist."

From the position shown in Fig. 1 bring the club up to and slightly behind the forearm, as in Fig. 2. Keep the arm straight, the movement being entirely from the wrist.

With the club still touching the forearm bend the arm till the knob of the club is at the armpit (Fig. 3).

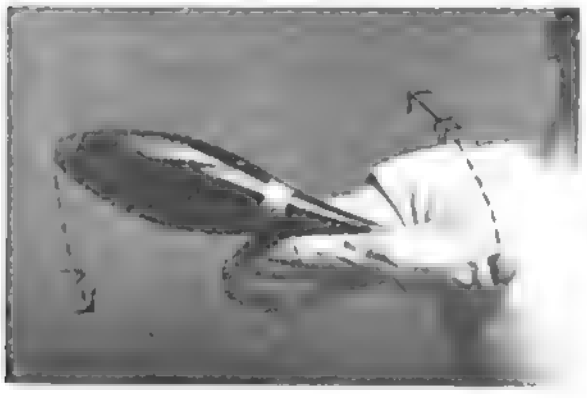


FIG. 5.

Continue the circular movement till the arm is straight, with the club touching and slightly in front of the forearm (Fig. 4).

Another half-circle brings the knob again under the armpit, this time with the club resting on top of the forearm (Fig. 5).

Continue the movement till the arm is straight, with club resting on top (Fig. 6).

The club is now allowed to swing away from the forearm and round to position 1, and the movements are started over again.

It will be found that the club describes three circles, during two of which it is in contact with the forearm. The last circle (from 6 to 1 and on to 2) is simply a side twist at arm's length but with the reverse grip. It requires a supple wrist to make it neatly.

For the "reverse" or "inward" snake-twist, begin by swinging the club from 1 to 6,

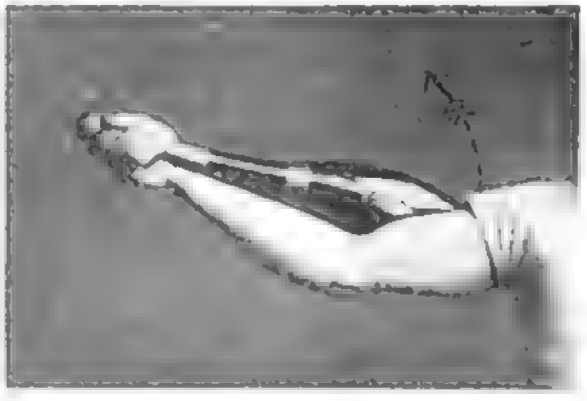


FIG. 6.

then 5, 4, 3, 2, and back to 1 again. It is, if anything, easier than the ordinary one.

Snake-twists may be combined with various other swings and twists which will doubtless suggest themselves to the performer.

Done in the manner described, snake-twists have nothing to do with "knob-swinging," and are quite eligible for use in competitions.

Two Great Fencing Champions.

PINI.

MERIGNAC.

I HAD the pleasure of witnessing, a short while ago, a bout of fencing between two grand masters of the art, representing two different schools—the French and the Italian. I allude to Pini of the Italian school, and Merignac of the French school; and truly marvellous exponents they are.

It was in Madrid, and the reception they received was enough to make Fuentes and Bombita, those two great gentlemen of the bull-ring, quite jealous. I should say Pini is a man of about forty-four or forty-five years of age, sturdily built, of herculean muscle; and although bulky, he is miraculously quick in attack, proving himself a master of cunning, energy, and power.

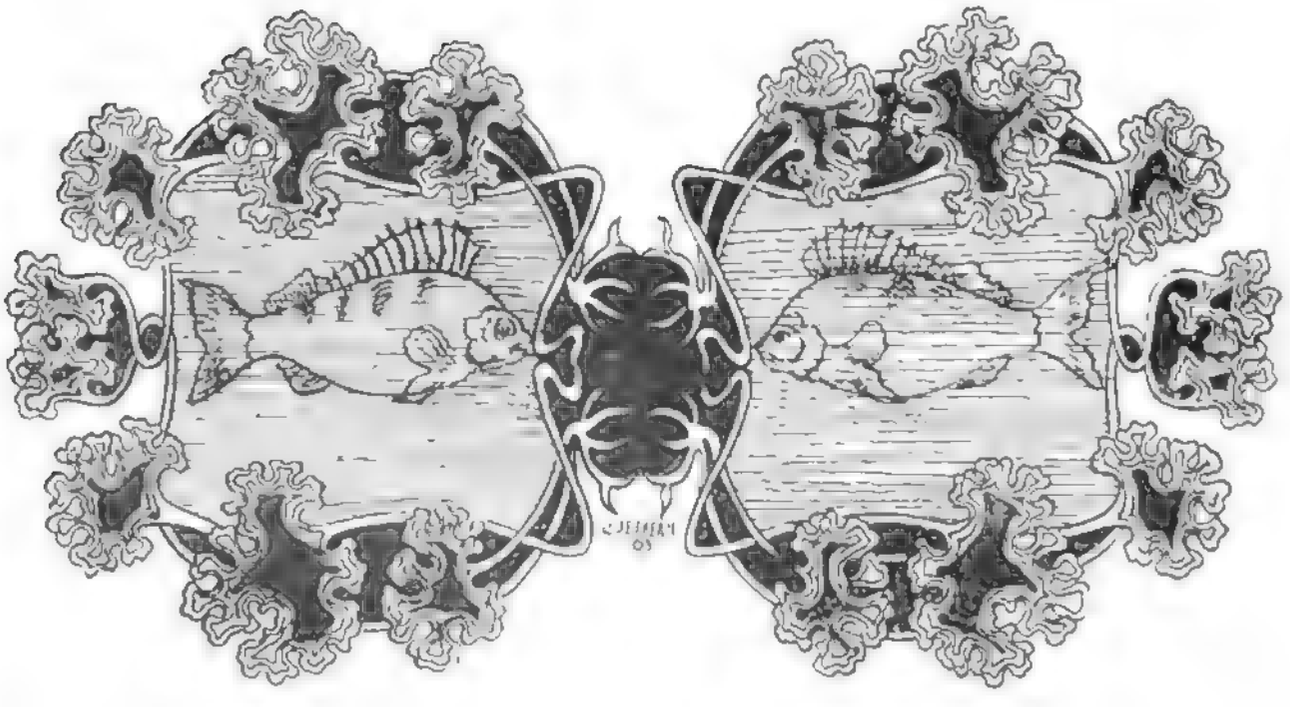
CARICATURE OF PINI, BY AGUIRRE. TAKEN FROM THE *Nuevo Mundo*, MADRID.

Merignac—who, by the bye, is a son of the famous Merignac who has held the championship of Paris for twenty years—now holds first place amongst the masters of fencing of the French school.

He is correct in his action, even to exaggeration—serene and cool; of tall stature, and hard of muscle. He makes a true wall of his blade; nothing upsets him—his every gesture is classical. From beginning to end his eye is fixed on his adversary; he waits his opportunity, and, finding it, his steel muscles are distended, forward he thrusts, and his adversary is touched.

The exhibitions given by these two great masters have two objects—showing the different styles of the two schools, and determining that eternal contention as to the superiority of the one over the other. That they fail in this I need hardly say. One great thing they certainly do, and that is, they encourage the study of an art which, I think, is a pity is not made part of the education of every youth in England; for apart from muscular development, it makes the boy agile, sharp, and teaches him self-reliance; and as the British matron, in these days, has such objection to her son learning boxing, why not teach him fencing?

I was surprised to hear that in Madrid, amongst the aristocracy, you hardly come across a youth who does not know something of fencing, and at the head of them is His Majesty the King of Spain, who is considered by Carbonell, the great fencing master of Madrid, his best pupil, although in a photo of the king, taken in costume, with Carbonell at his side, and dedicated to him, after his signature the king has added, "the worst of his pupils."



Some Systems of Physical Culture Described and Criticised.

By ERNEST W. LOW.

THE MILITARY SYSTEM.

SYSTEMATIC physical culture in the Army—or, rather, any attempts at it—any idea, in fact, that such was called for—has been a growth of comparatively modern times. One gets a very fair conception of the growth of knowledge on the whole subjects by a perusal of a work by Captain Clias, Superintendent of Gymnastics in the Royal Military College. This work, entitled somewhat grandiloquently, "An Elementary Course of Gymnastic Exercises intended to Develop and Improve the Physical Powers of Man," &c., was published in 1825, and was apparently regarded at the time as *the* authoritative work on the subject—as laying down the law, once and for all, for the guidance of future generations. Included with it was a report made to the Medical Faculty of Paris on the subject, and—wonderful to relate—a new and complete treatise on the art of swimming.

Whether this work had really any very far-reaching results it is difficult to believe, though doubtless it stimulated interest in the matter, aroused the spirit of inquiry, and paved the way or pointed it out to other investigators. At this time of day, in the light of so much greater knowledge, it is difficult to avoid being too severe on these early strugglers in the dark; but, with all due desire to avoid the unduly censorious, it is hard to say much in favour of this book. Captain Clias, to speak quite plainly, does not appear to have had the root of the matter in him. He does, it is true, recognise vaguely that all-round development ought to be aimed at, but his solution of the problem leaves one gasping in astonishment. Walking, running, jumping, wrestling, boxing—and, in fact, all other exercises are advocated—and generally dismissed with a scant few words. Then weird sort of appliances, the "Giant Steps," the "Column of Pegs," and so forth, are advised—not to mention the "complete" treatise on the art of swimming. Countless movements—and not the slightest conception of basic principles. No mention of concentration, no breathing exercises, not even the most rudimentary conception of the necessity for cultivating will-power—in short, practically nothing at all of what nowadays we have come to associate with physical culture.

So much for Captain Clias. His book, as I say, may have served a purpose once upon a time, and now it has gone to its own place.

In following the progress of physical education in the Army it will now be necessary to take a long jump forward. For many years after the publication of Clias's book little seems to have been done; doubtless, things "slopped along" in the usual fashion one has come to associate with things military, a burst of activity now and again, succeeded by the ordinary apathy and indifference.

The beginning of the modern Army system—such as it is—would appear to have dated from 1861. Archibald Maclaren, who had achieved a considerable amount of distinction by his management of the Oxford University Gymnasium, attracted the attention of the

military authorities, and in the year mentioned the first detachment of non-commissioned officers went through a half-year's course at his gymnasium. All that has come since—the Aldershot course, the training of men as instructors, the necessity for putting every recruit through a systematic course of training in order to fit him for the arduous work which his profession may entail upon him, is largely due to the excellent work done by Archibald Maclaren. That I do not see eye to eye with him is perfectly true; that, as will be seen presently, I am in many respects diametrically opposed to him is also a fact; but that does not blind me to the good work he has accomplished—to the manner in which he strove, at a time when it was hard to awaken public interest in the matter, to get the people to recognise that the body ought to be systematically trained while growing. A debt of gratitude from all interested in physical culture is also surely due to Maclaren for the wisdom with which he recognised and endeavoured to inculcate the necessity of distinguishing between *educational* and *recreative* exercise, of realising that games and sports, good though they might be, did not suffice to bring about an even and symmetrical development.

Some of his utterances on this head are well worthy of repetition; indeed, like all utterances based upon a true knowledge of what is aimed at, they are as useful and stimulating to-day as many years ago, and doubtless will be for all time.

"The place of the gymnasium is to *correct* the school games and to complete the part which they leave unfinished, and also, in the case of weaker subjects, to supply their place to a certain degree."

"I was impressed with the conviction that, until a theory of exercise based upon a knowledge of the structure and function of the body, and in perfect accordance with the laws which govern its growth and development, were formed, no system of bodily culture deserving of the name could be established."

"A military system of bodily training, etc. . . . . adapted to all stages of the professional career of the soldier . . . . which will give him the vital stamina that will be to him a capital upon which he is to depend, and from which he is to draw at all times, at all seasons, and under all circumstances of trial, or privation, or toil. . . . . This should be the great object to be aimed at."

That these aphorisms are excellent few people will deny; also that Maclaren saw plainly enough what was wanted, and strove hard to attain to it. That he also achieved satisfactory results in many cases is also undeniable; that the organisation of the gymnasium at Aldershot was also due to his example is unquestionable. Yet with all this, coming to the concrete, what of his system in itself?

To begin with, what is his system? We have heard the theories—now how do these "pan out" when carried into practice?

Maclaren's idea of physical culture is a multiplicity of exercises, carried out on a great variety of apparatus. That the exercises are well conceived, and calculated to bring into play all the muscles, to develop all the organs, is true, but, as readers of this magazine should know by this time, it is not true physical culture. It is practically an impossibility, using all this different apparatus, for a man to avoid developing one portion of his frame more than another, impossible to so graduate the work, so equalise it up, that certain muscles do not have more than their fair share of attention. Experience, too, teaches us that not one man out of a thousand goes in for educational exercise when once he has attained a certain degree of proficiency in the use of apparatus. He may begin with that idea—may stick to his regular course for a time. But directly he begins to be a bit smart on the horizontal or the rings he throws all the rest over-

board and devotes himself to "learning tricks."

If he have an instructor for ever at his elbow he may be kept in the straight path; but this in itself is a drawback to any system. What is wanted is a system which can be easily taught, and which afterwards the pupil can—and will—carry on by himself, at any time and at any place.

Here, again, is the objection to the gymnasium—to the use, indeed, of any apparatus but the very simplest. Only very few men can have a gymnasium of their own, and consequently, with the vast majority, daily work is out of the question. It resolves itself into an hour or two a week at a public gymnasium or club, the greater portion of the time being devoted to fancy feats and acrobatic performances. That is, on the part of the skilful; those who are not up to the mark, or who, at a time of life when violent exertion is out of the question, soon weary of the simple exercises at their command and the slowness of obtaining any perceptible beneficial results.

The plain fact is that this system, with all its sections and sub-divisions, and different exercises on all sorts of apparatus is not a system of physical culture at all. A system of exercise, of gymnastics, of acrobatics, if you like, in the advanced stages—and that is all. There is, so far as I can discern, nothing said about will-power, no reference made to that concentration, upon the cultivation of which the *tone* of the muscles and organs—and not merely their size—so largely depends. As to breathing—well, few seem to have devoted any attention to this vital subject, so it could hardly be expected here. That it is referred to is true—but the pupil apparently is not taught *how* to breathe. How many of Maclaren's pupils, I should like to know, breathe correctly, use the whole of their lungs in the process?

All that absurd reliance upon the "putting two inches round a man's chest in two weeks," and so on, as a test of improved breathing power, really gives the whole game away. It shows that the very elements of the subject have not been grasped, that the instructor is absolutely at sea as to what is to be aimed at. Let it be said at once—and it cannot be said too often, for the fallacy seems to be well-nigh universal—that chest expansion is no test of lung capacity. It merely shows that an individual has acquired the knack of inflating the top portion of the lungs, and this, moreover, is generally accomplished by drawing in the waist in inspiration—an absolutely vicious habit, and directly opposed to all the principles of true breathing. In taking a deep breath the diaphragm ought to sink; if anything the lower part of the chest should come forward a trifle, although in absolutely true breathing the diaphragm has the perfect pump action—that is, up and down. If the *whole of the lungs* be used in breathing, the increase in the size of the upper part of the chest (ignorantly referred to, as a rule, as "the chest," as if that finished at about the level of the nipples) is not very great. The six and seven-inch expansions, over which pupils and instructors wax so proud, demonstrate nothing at all except that there is breathing with partial use of the lungs (usually collar-bone breathing), drawing in of the waist, and the knack of forcing out the pectoral and latissimus dorsi muscles.

And, by the way, it may interest some of the doubtful to know that the lady who made the world's record for staying under water (of which an account was given in the magazine some years ago) had not only a very small chest expansion, but was quite below the average when tested on the spirometer!

Much, I believe, has been made of the Maclaren system—as, indeed, of many other systems—by reason of the fact that young men who were not up to the Army standard in chest measurement have been enabled to pass triumphantly, after a very short course of

exercise. Well, it is surely time that we ceased to wonder at simple matters of this kind. To put an inch or two round the chest of an undeveloped lad of eighteen or nineteen is the easiest thing in the world; I will guarantee to do it with any one of a dozen systems—in fact, in most cases it can be done without any system at all. Remember this is his time of growth—all that has to be done is to stimulate growth in this particular direction, and that may be accomplished by any reasonable exercise, coupled with correct healthy practices. Practices for proper voice production, under a really competent teacher, would probably have more astonishing results than all the systems put together.

I do not think that there is any necessity to dwell further upon this system. Its imperfections are many and manifest, but on the whole—for the want of a better—it has done good in the army. The ordinary gymnastic course undergone by the recruit does undoubtedly pull him out and set him up—any reasonable course would do the same to lads at that time of life. I am not in love with the army physique—the pose is stiff and unnatural, and the high chest which is insisted upon and the consequent imperfect breathing, is, I believe, detrimental to the lungs, and a strain upon the heart—especially in conjunction with the tight clothing which soldiers wear, and I suppose will continue to wear, in the face of common-sense and physiology.

The Army system is not Maclaren's system alone; it is, in truth, not so much a system as a mix up of many systems; a bit added here, a bit there, without any very definite plan. When Colonel Fox took over the charge of the Army Gymnasia very many changes were introduced. The Sandow System, which was then comparatively new in England, was taught to the instructors, and to a large extent superseded the old dumb-bell drill. Many of the Sandow exercises have been introduced into the code, but so far as I am aware, the source whence they were obtained is not acknowledged, and needless to say, the real principles of the system are not inculcated.

The books issued from time to time by various Army instructors do not impress upon one that the army authorities have moved with the times. They nearly all consist of a multiplicity of exercises, more stress being laid upon the military precision and accuracy with which a number of men work together than upon the correctness with which each man does his individual work and the amount of concentration brought to bear upon it. As an old military man, my experience is that with the majority of recruits who are exercised in large squads and continually have it impressed upon them that they are to "move like one man," it is with a very large percentage merely a case of "going through the motions." That, indeed, is bound to be the case where the instructors have not grasped the fundamental principle that the mind must be brought to bear upon the work, that it is the brain which gives the muscles and organs that peculiar and admirable thing we refer to as "tone," and that unless there is that ready and intimate connection between brain, nerves and muscles, development in size of the latter is of very little real use, and of very little real benefit to its possessor—although it may fill out a red tunic and enable him to "chuck a chest" on parade, or when sauntering down the main street of a garrison town.

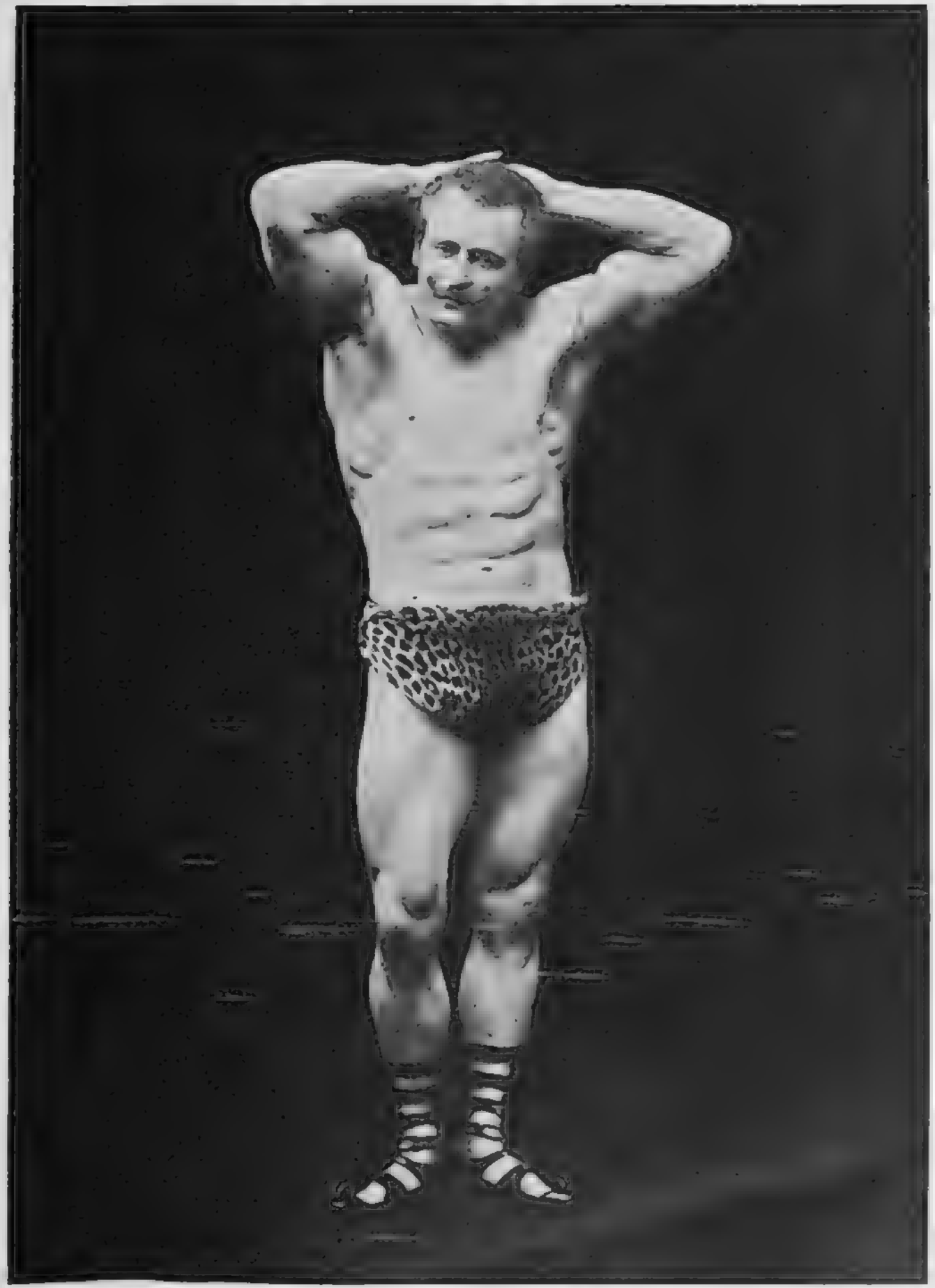


Photo., D. Bernard & Co., Melbourne.]

A NEW SANDOW POSE (XIX)

Physical Pars.

THE well-known trainer, Harry Andrews, who has prepared for their great feats such famous athletes as Platt-Betts, Arthur Chase, Monty Holbein, A. S. Ingram, Roland Janson, J. Butler, A. Shrubb, and many others, in *The Royal Magazine*, expresses it as his opinion that the Sandow developer is invaluable in training for any kind of athletics, and that dumb-bell work is another all-important exercise in the training of an athlete.

* * *

All interested in the great question of the physical standard of the nation and its deterioration should make a point of reading carefully the extracts from the Report of the Royal Commission as set forth in the Special Supplement which accompanies this issue. The remarks by Mr. Sandow will also prove interesting and instructive.

* * *

Strong and skilled as Western athletes are, there are some respects in which the athletes of the East, and especially those of Persia and Japan, surpass them. Their skill is due to the fact that they do not rely on brute strength, but on adroitness, which they have acquired after years of strenuous training. They know the function of every muscle in their bodies, and they are not regarded as experts until they are so well trained that they can perform with ease any feat which depends for success not only upon their strength, but also upon the proper play of their muscles. They are not as bulky as some of the well-known athletes of Europe and America, but, on the other hand, their bodies are wonderfully symmetrical, and all their movements are most graceful. In wrestling and swinging clubs they especially excel, and, no matter how expert they may be, not a day passes that they do not practise for several hours.

* * *

Few schoolmasters are so enterprising as the head-master of Dawlish Board School, who has explained to the local School Board why he has allowed boxing among his boys. About a month ago, he said, there was a fighting epidemic among the boys in the school. One morning a particularly bitter pair of culprits were brought to him, and as they were evidently thirsting for each other's blood, he bethought him that he had a set of boxing-gloves at home. He fetched them, and said, "If you must fight, put these on, and we'll all see fair play." The result was that in ten minutes the quondam opponents were laughing heartily at another pair of good-tempered combatants. Since then the boxing-gloves had been begged for and let out as a treat. The Board decided that boxing should not be allowed in school hours, and only under the supervision of the master.

* * *

It is said, in reference to the inhabitants of Honolulu, by the great authority, Morrell, that "the men raised anchors weighing 600 lbs. as easily as any European would one of 100 lbs. weight. The females have slim waists, fine forms, and most beautifully-shaped busts, and their motions are easy and full of grace."

* * *

Mr. Sandow, after a most successful lecturing tour through Australia, New Zealand, and America, which lasted nearly twelve months, has returned to this country, where he is continuing his lectures on Physical Culture. Mr. Sandow is now making a short provincial tour, visiting Nottingham, Leicester, Swansea, Cardiff, and Newport, and in a week or so will commence a round of the suburban halls for the purpose of expounding his great theory of strength, and its kinship to health.

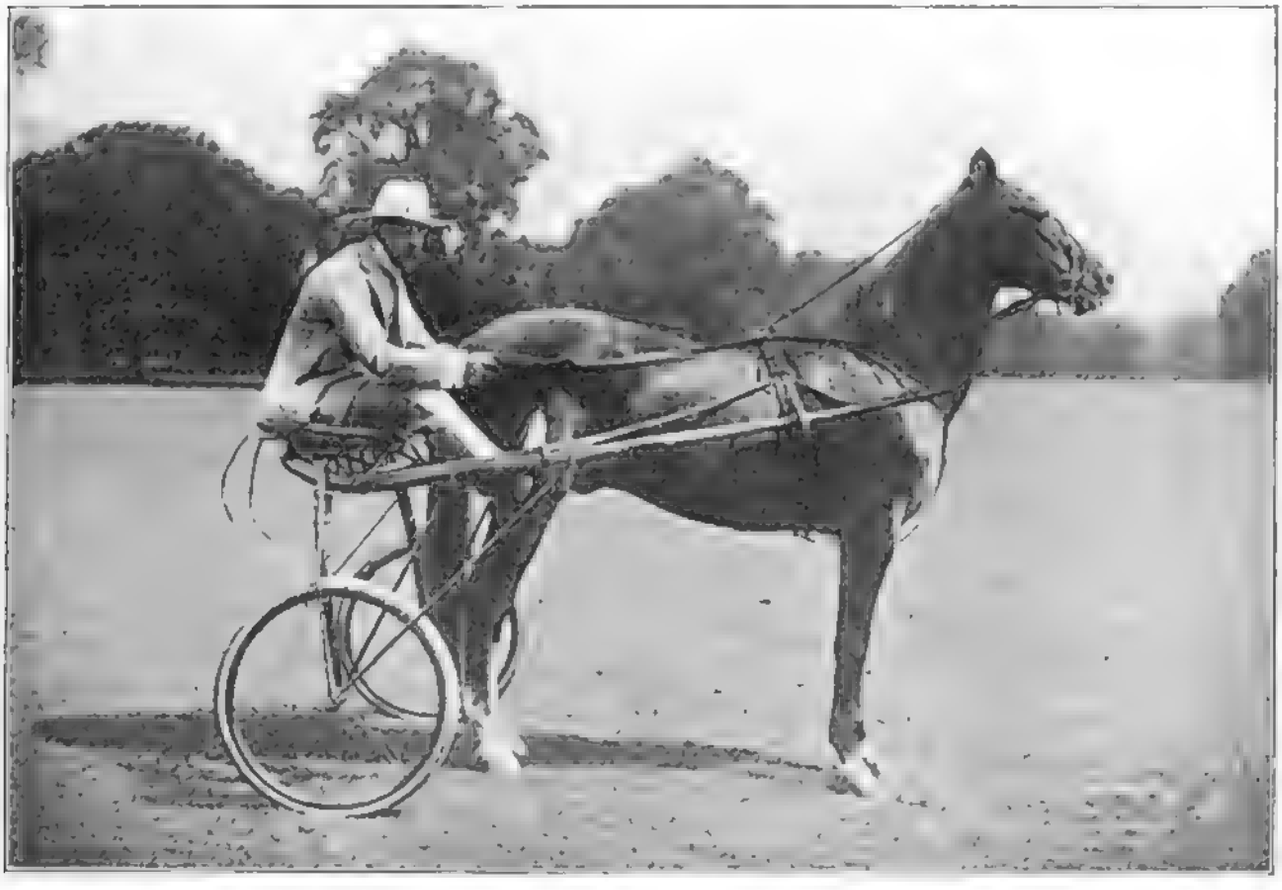
* * *

Trotting in England.

By ARCHIBALD SINCLAIR.

OF late years there has been a big revival of trotting as a sport in this country, more particularly in the South of England, where good management has been the means of inducing wealthy owners to once more take an interest in it. At one time Alexandra Park was the chief centre of excitement; but after many years' hard work in connection with the Trotting Union, Mr. Cathcart, who always had the interests of the sport at heart, severed himself from active management, and after his withdrawal the meetings speedily terminated.

In Lancashire and Yorkshire the sport was kept going, and racing on the roads was not uncommon; but it was left to the Haverstock Amateur Trotting Club to take the first big step towards revival. They opened at Wembley Park, but have always been hampered by the fact that they do not own the course, and, moreover, they had dissensions, ending in a split. Those differences



MR. WALTER WINANS DRIVING BARNEY F. (*Mile record*, 2 *mins.* 24 *secs.*),
With whom he has won over twenty first prizes and the gold medal at Spa, Belgium.

are, however, now healed to a large extent, but they cannot foster the sport as they would, owing to Wembley Park being within the jurisdiction of the magistrates who have to put in force the Metropolitan Racecourses Act, the Act which has gradually led to the abandonment of all but one race meeting near London, and that curiously enough is held at the old headquarters of trotting. Nevertheless, credit must be given where it is due, and certain it is that the inauguration of trotting races at Wembley Park led to the big boom which the establishment of the Essex Amateur Club has given to trotting. Mr. Richard Bennett, while a member of the Haverstock Club, conceived the idea of promoting a club somewhere in Essex, and though the finding of a suitable place was difficult, he ultimately came across Parsloes Park, Dagenham, and promptly secured possession.

He had long been a follower of the sport, and had owned Topsy's Baby, the fastest pony of its day in England over ten miles Harvey Wilkes, a wonderfully successful cob, now the property of Mr. H. W. Candelent, and Ladysmith, who has won many a prize at Haverstock and Parsloes Park Meetings. He had also been a warm supporter of the old Alexandra Park gatherings, and his great knowledge of the sport proved of extreme service to the small syndicate he called upon to join him in the work of establishing a club. The spot secured was an ideal one, for there was ample room for a fine half-mile track, and an immense paddock with a long range of stabling.

MR. LOUIS W. WINANS' CHARLIE B. (OFF SIDE). *(Mile record, 2 mins. 7¾ secs.)*
DO. BOBBIE HAL (NEAR SIDE). *(Mile record, 2 mins. 18¼ secs.)*
(Record as a pair, 2 mins. 13 secs.)

Little time was lost in getting to work, and in April, 1901, the Park was open to the public. Visitors were delighted, for it far exceeded their expectations, the accommodation being excellent, and the place in itself

picturesque and pleasant. It was unfortunately a very wet day, but the public appreciated what had been done, and very speedily the membership of the club rose by leaps and bounds. In the first year no less than £1,700 was given away in prizes, and the following season that sum was considerably increased, while a valuable gold cup was given for a first-class race in celebration of the coronation of King Edward VII. That was won by Miss Evelyn, a beautiful mare, who has a mile record of 2 mins. 16¼ secs. She is only one of a big stud possessed by Mr. Louis W. Winans, who, like his brother, has done an immense amount of good to trotting in England by importing high-class American horses, exhibiting them at our principal shows and running them at the chief trotting meetings. His pacing pair, Bobbie Hal and Charlie B., hold the world's pair-horse record of 2 mins. 13 secs. for a mile on a half-mile track, while Rhoda Farrand, who was the winner of many races in the United States, is a bay pacer with a record of 2 mins. 11¼ secs. at five years old. In trials she has gone considerably faster, but has never raced in this country, for she is such a good road mare that Mr. Winans,

MR. LOUIS W. WINANS' BAY GELDING, BOBBIE HAL (OFF SIDE). (*Mile record 2 mins. 18¼ secs.*)
DO. BLACK GELDING, CHARLIE B. (NEAR SIDE). (*Mile record 2 mins. 7¾ secs.*)
Record as a pair 2 mins. 13 secs.

who loves a good animal, has kept her for his own use. He and his brother, Mr. Walter Winans, liberally supported the Essex Club meetings, and none of the victories were more popular than those of their horses; but so far this season their animals have been mainly kept for show purposes. Visitors to the Royal Horse Show at Richmond will readily remember their successes in the ring, for their stock is of such high class that little else in England can take rank with it. For example, with Barney F., who has a record of 2 mins. 24 secs., Mr. Walter Winans has taken over twenty first prizes, and also carried off the gold medal at Spa, Belgium. Both brothers are keen drivers, and at Ranelagh and Charing Mr. Walter Winans has often given some very fine exhibitions. At the first-named he attempted to organise an annual members' meeting, in the belief that the institution of matches between members of the Ranelagh Club would lead to interest being taken in the trotting horse by the best class of people in this country, and the probable foundation of a high-class driving club. To those who love the sport for its own sake that was a consummation to be desired, but unfortunately the laudable effort failed in its intention, the club members not supporting it.

MR. LOUIS W. WINANS' BAY MARE, RHODA FARRAND. (*Mile record 2 mins. 11¼ secs.*)

The motor-car rage has, for the time being, kept the leading clubs from indulging in what

is a far more healthy sport, but signs are not wanting that an exclusive driving club, with palatial headquarters, will before long be started in this country. Motors have done considerable harm to trotting on the road, for the more valuable horses are, as a rule, highly nervous, and owners do not care to risk the loss of prized bloodstock. Possibly the driving club may come in connection with one of the projected automobile racing enclosures, one of which a syndicate is now trying to form at Clacton-on-Sea. In their powers are included those of promoting a high-class driving club. But so far those schemes are visionary, and one must come down to trotting as it now is. But for the good management which has characterised the Essex meeting we should not now have even the idea of talking about a driving club, for that body has raised the tone of trotting in a very marked manner, and has been the means of repressing many abuses.

MR. RICHARD BENNETT.
(Founder and Chairman of the Essex Amateur Trotting Club.)

At present there seems little desire on the part of the southern clubs to join those of Lancashire in the formation of a new union, but that some agreement as to the mutual recognition of suspensions is desirable all seem to admit. It is certainly ridiculous to find a driver, warned off one club's enclosure, appearing on another club's track before his suspension has been removed, or a horse barred at one meeting winning a race at another. At Parsloes Park they will have none of this, and neither do they mince matters, for Mr. Bennett, who is the club chairman, and generally chief steward, will not put up with abuses. He has, as an able colleague, Mr. J. Bambridge, who has acted as judge since the club's formation, and is so fearless in his decisions that he has gained the respect of every follower of trotting. He has been connected with the sport for over forty years, has owned, bred, and trained many winners, and is always fond of racing. But he wants straight racing, and when he is officiating will have it. His first experience of trotting was at Ponders End, the last gathering he attended there being that of the old London Trotting Club. He always endeavoured to make records, and in Nellie Patchem he probably owned the best mare of her day in England, for in 1883 he won the Champion Shield of Great Britain with her, she covering half-a-mile in 1 min. 11 secs., and a mile in 2 mins. 31 secs., a mile and a half in 3 mins. 50 secs., and beating Childe Harold, a very good horse.

(*To be concluded.*)

A County Cricket Club.

By O. R. BORRADAILE, *Secretary, Essex County Cricket Club.*

TO run a County Cricket Club successfully there are two things absolutely necessary to start with: (1) a good banking account, (2) an excellent ground. There are a hundred and one other things required, but I will deal with these two things first before going on to minor details. No one who has not had some experience in county cricket will understand what an expensive game first-class cricket is, and if your financial position is not sound, it is hopeless to try and run a county club. After you have bought your ground, which is an absolute necessity in these days, as to rent one is useless, you require a pavilion, which is a very heavy item. Although it is not necessary to have one like the Oval or Lords, still even a moderate one with all the requirements of the present day will cost four or five thousand pounds at least. Then your ground must be enclosed. How are you to do this? A brick wall or a fence—the former I should advise, as, after the initial expense the keeping in repair is comparatively small; if the latter, then every year the fence requires repairing, and you would be surprised what a very heavy item this is. The fence has to be continually repaired and tarred, which is no small item in the expenditure; in fact, repairs of all kinds run away with hundreds of pounds during a season. It depends upon the size of your ground how much the wall round it would cost, but you would have to allow at least three thousand pounds.

MR. O. R. BORRADAILE,
Secretary, Essex County Cricket Club.

Having got your ground, pavilion, and wall, you then have to think of a dining-room, grand stands, &c., for the public. You cannot expect the public to patronise your ground unless you cater for them, and some provision must be made for them in case the weather is bad. So the more covered stands you have the better, although I do not consider it necessary to have most of the stands under cover as they do at Nottingham. This is all very well in wet weather, but in fine weather people like to be in the open. One good grand stand

where people can pay a shilling, or half-a-crown extra for a comfortable seat with a back to it (this is very important), and another large bank or tiers of seats for the general public without any extra charge are absolutely necessary. The grand stand should be able to accommodate about 1,000 people, and three times that number on the bank or tiers. Then you must have seats all round the ground, forms for the front rows, and what are known as "flower-pot stands" behind. These last-mentioned items will cost at least £1,500, viz., dining-hall £700, grand stand £1,000, seats and stands £800. Stables must also be erected, neither must the Press-box be forgotten, and refreshment bars round the ground are also an absolute necessity. These with other items will make a hole in another £1,000. You will now see that the requirements for a county ground "fixtures" alone, if I may use the term, amount to over £10,000. This has nothing to do with the annual expenditure or the purchase of the ground, about which I say something later on in this article. No county club can expect to become a first-class county unless they have an excellent ground; first-class cricketers cannot be made on second-rate wickets, so you will see that a good ground is most essential. Here is therefore another expensive item which runs into several thousands of pounds at the start and requires a large sum annually to keep it in order. The ground naturally requires a first-class groundman to keep it in order; his wages would amount to at least £2 10*s.* or £3 a week, and a cottage for him to live in at a rental of £20 or £30 a year, according to the neighbourhood. His house should adjoin the ground, if not actually built on it, as it is necessary for him to be there at all times and seasons. The groundman will require at least two or three men to assist him, so £500 will be required for groundmen's wages.

There are many other things required to keep the ground in order, rollers, mowers, turf, seed, horses, horses' keep, etc., etc., and £250 would be putting it at a very low estimate. I will now turn from the expense of the ground to the management department, if I may so call it. First, it is necessary to have a secretary who thoroughly understands his duties, he must not only be able to do his secretarial duties, but at the same time be an experienced cricketer; he must have had previous experience in managing "minor" cricket if he hopes to be successful as a county secretary; he must have every detail at his finger's end, and must be possessed with remarkable keenness (in fact, he must have all the virtues and none of the vices of this wicked world), patience and good nature, as more depends on this official than any other; if he is slack in his work, the men under him will be slack; also he is the "pivot" on which the whole club works. The secretary should be a paid official, as a hon. secretary cannot be expected to devote his whole time to the club, and if he does not do so no club can be worked properly. It is different with the post of treasurer; he should be a good business man, and one who thoroughly understands figures; a few hours a week of an evening and a visit to the ground if possible every day suffices for his work. Last, but by no means least, is a good working committee. I say working advisedly, as it is useless having men on the committee unless they mean to do their utmost for the welfare of the club; "figure heads" are useless on a committee, although influential men in the county are most essential as Presidents or Vice-Presidents; if they cannot devote a great deal of their time to the club, they are far more use off than on the committee. A county committee should not be too large, certainly not more than 20, with the following sub-committees: finance, ground, building and teams selection, not more than three or four on each committee with the secretary and treasurer.

The chairman of the committee should be an old cricketer, an old University captain if possible, with a good position in the county. Another important official is the captain; he should be a man of even temper and a thorough judge of the game; much depends upon him whether the club is a success or not.

The captain should, of course, have a seat on the committee and on the teams selection sub-commitee and should have almost entire control. The following is an estimate of some of the annual expenditure:—Cricket expenses £3,000, rent £400, insurance £100, ground expenses £1,600, rates and taxes £200, salaries £600, printing and stationery £150, postage and telegrams £50, and petty expenses another £100. Thus you see it is necessary to have a very large balance, as I have said before, to make a successful club. Now let us turn to the other side of the account, the receipts, the "backbone" of which must be your subscribers or members. It is of no use relying on gate-money; this is a very doubtful asset, and with most counties depends whether you are successful or not; if you are doing well crowds will come and see you play, if badly they will give you the "cold shoulder," so you must be independent of this source of income. It is, therefore, necessary that members are admitted at a popular subscription; few county clubs can afford to charge more than a guinea; this is within the reach of everyone. In forming a new county club, I should suggest that an entrance fee of one guinea be charged after the first 2,000 members have been elected. It is impossible to run a county club with less than 2,000 members. Life members should be elected at twenty guineas. There have been many complaints about charging an entrance fee. I think on the whole it is a good thing to have, and it is certainly an asset which is easily obtained; I would suggest that county members should be admitted as members without an entrance fee. By county members I mean those that do not live within 15 or 20 miles from the county ground. Many cricketers living in the outskirts of a county will give a guinea to support their county, but look twice when there is an entrance fee as well. Another source of revenue is to let the ground on Saturday afternoon for clubs to play their matches. Grounds are now so scarce that good clubs are willing to hire a pitch on the outskirts of the grounds, and are willing to pay a £1 or £1 10*s.* per wicket; if you have room, three or four matches can take place every Saturday, and a nice little amount can be made without much detriment to the ground. Most county clubs of any note have given up allowing football to be played during the winter months, as they find the wear and tear of the ground not beneficial to the ground, and I am entirely with them; it is not the actual football which does the harm, but the spectators standing and stamping all over the ground in all sorts of weather. If you can have a ground big enough, so that one game does not interfere with the other, by all means have it. You will double your membership at once; if not give up the football and keep your ground entirely for summer pastime. Lawn tennis should *never* be permitted on a cricket ground; the two games do not blend together, and there is constant friction between your cricket members and your lawn tennis members.

The catering on the ground for refreshment should yield a handsome profit to the club. It is as well to let this to some well-known caterers. It is fatal as a rule for a club to do their own; they don't understand it, and buying experience is very expensive, as the management of one well-known ground in London would tell you if you ask them. There are many other topics I should like to write about if space permitted, but those I must leave till a future number of the SANDOW'S MAGAZINE.

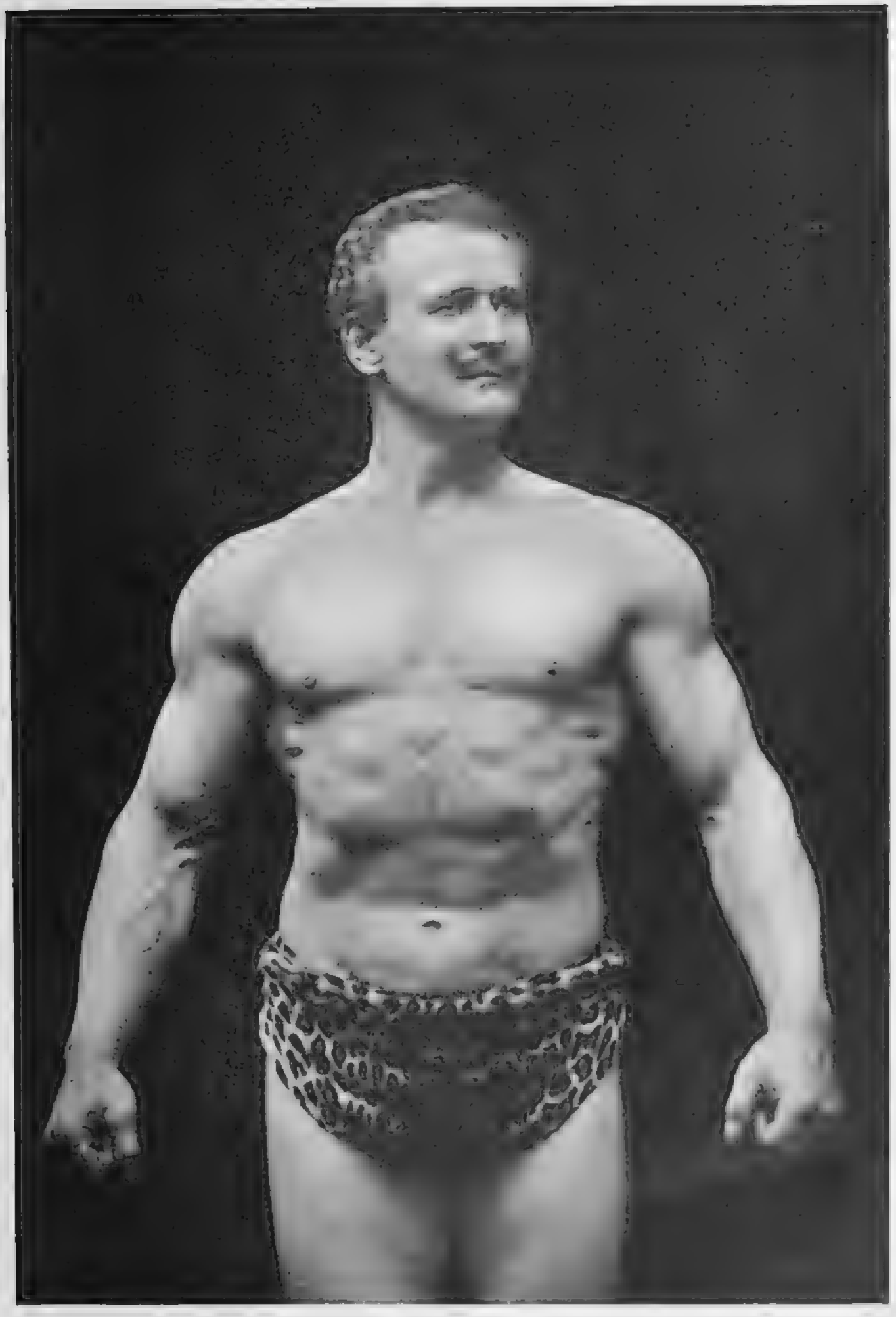
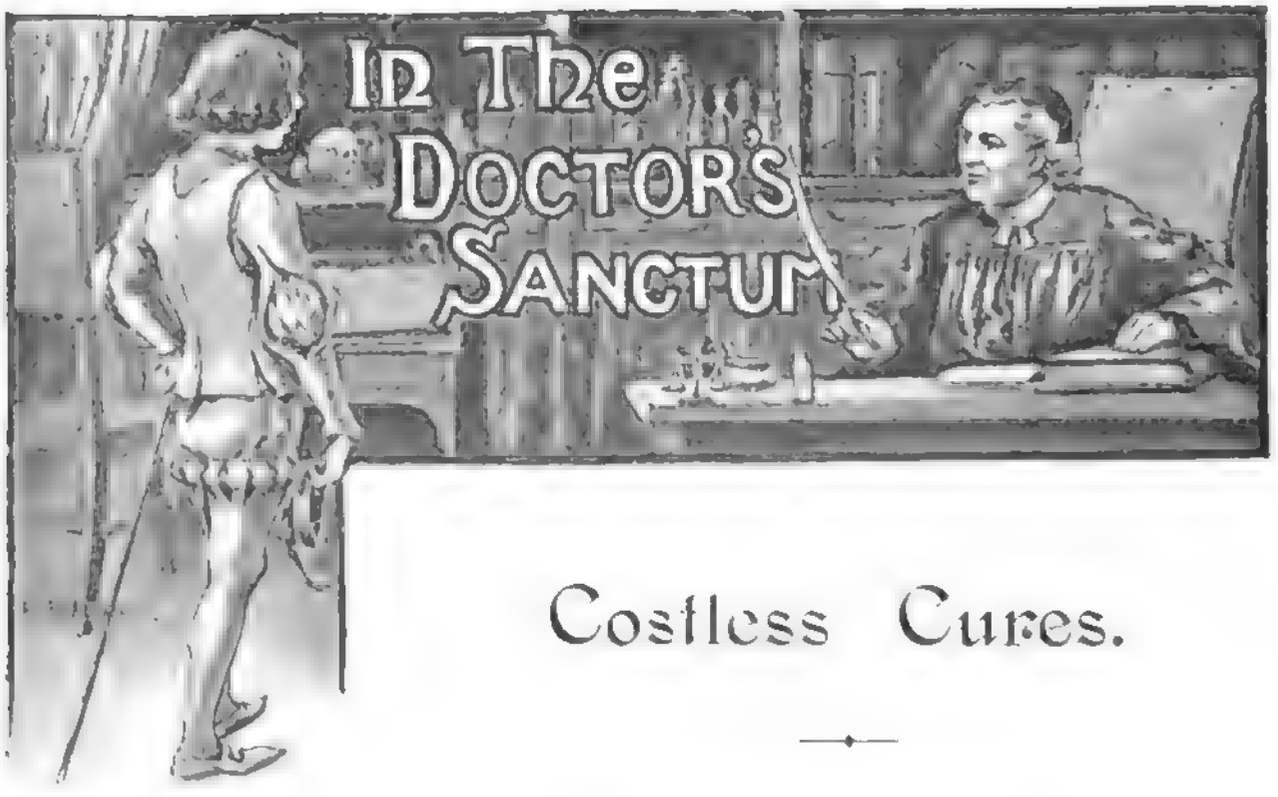


Photo., D. Bernara & Co., Melbourne.]

A NEW SANDOW POSE (XX).



Costless Cures.

MALARIAL FEVER—SYMPTOMS AND TREATMENT.

BEFORE entering into the symptoms and treatment of malaria I would like to add one or two points to my article of last month on "Precautions."

I do not want to be misunderstood, and for that reason I wish to point out, that you must not run away with the idea that because you observe to the letter all I have advised, that you will not contract malarial fever; but what I hold is, that by the observance of the given precautions you will not be so liable to fall a victim to the many other illnesses abounding in malarial districts, which weaken the system and make you a good subject for the fever. I also maintain that, by doing as I advise and keeping yourself "fit," if you should get malarial fever, in whatever form it may be, you will be able the better to stand even a sharp attack, and the chances will all be in your favour.

There is another thing I forgot to mention, and that is, with regard to the drinking water. I only want to say it is certainly advisable to boil the water.

With regard to the symptoms, I am not going to classify them, neither do I propose to fill your head with the names of the different kinds of fevers, but merely to mention the symptoms as a whole.

You may feel, for two or three days before an attack, rather "dicky"; lose all interest in everything around you, your appetite will go from bad to worse, and at times you will feel like being sick; you will get up in the morning feeling sore all over, as if you had been beaten, and you had not slept at all; as the day advances you may feel better or you may feel somewhat hot, skin dry, and very thirsty; this is most likely followed by what may be termed a "clammy" condition, and by six or seven o'clock you become quite shiverish and feel that you must go to your bed. These shivers are really a mild condition of ague, and may disappear an hour or

two after you retire, only to appear again the night after in its true form.

These symptoms may vary; for example, you may not get the hot, dry condition of the skin at all at first, but you may merely feel quite indisposed and shiverish, as if you had cold water running down your back; you may also have a violent headache. If you do not attend to these first symptoms the probability is the ague will get much worse, your teeth rattle, and when in bed you find that your most comfortable position is to lie curled up. You will very likely feel very sick and utterly unable to keep anything down.

This is the "cold stage," which varies in its duration, and is followed by the "hot stage," when you become very hot, your eyes burn, your headache may get much worse, you have a terrible thirst, and your temperature may rise to 105 or more. If you are wise you will send for your doctor before this last stage sets in, as the temperature rises sometimes so suddenly in some cases of malarial fever, that serious results may arise before those around you are aware of it.

In many cases, and these are very common in the Isthmus of Panama, the patient may be feeling as well as anything, when of a sudden he begins to feel quite cold and very sick, and in less than half an hour after he has ague in its worse form, and the other symptoms follow. The inhabitants in Colon put these sudden attacks down to a wind that blows from a river called the Chagres River, and they call it "Chagres fever." That may be, but I have my doubts, because I saw many of these cases when we had had no wind at all for days from the direction of the Chagres River. Besides, I have too great a belief in the mosquito theory to pay much heed to this, although it is quite possible that the cold, damp wind coming from this river, together with the strong smells the breeze carries with it, brings out what has perhaps been lying dormant in the patient. To these two forms of fevers I may add that the little fever you get, perhaps, every day, or every other day, at more or less the same hour, lasts for a while and then disappears. This weakens you terribly, and you may become quite anæmic through it. I have seen many strong and robust persons become, in four months, quite unfit for anything, through not taking notice of this fever, and this will not surprise you when I tell you that the liver, spleen, and stomach are all attacked by this slow fever. In dealing with the treatment, I want to remind you of what I said in my last article with regard to the taking of quinine unnecessarily or until the occasion arises.

In the event of the first symptoms appearing, you should at once take a four-grain calomel pill, and, shortly after that, take a dose of, say, 10 grains of sulphate of quinine—that is, of course, if you have not been taking the drug before. If such be the case, you should then take double the quantity, and keep to your bedroom, as you will very likely feel better next day, but weak. Don't take liberties with yourself, be careful with your diet, and at about the hour in which the ague appeared the day before, take another dose of quinine, about half as much as you took the day before. It is now that I advise the taking of a small dose of quinine every day, and paying special attention to the stomach and liver, the former by means of two and a half grains of pepsine, taken with each meal, and the liver by a little calomel or sulphate of magnesia now and then. In the event of the ague being attended with sickness and you are unable to keep anything down, so that you cannot take the pill, you should squeeze a lemon in a glass and drink the juice. This is generally enough, but you may also try crushed ice. If the ague should be very severe, send for the doctor, as it is much better for you to be in his hands, and he will be all the better able to keep your temperature down when the

"hot stage" arrives. Besides, the vomiting may be very severe, and it may be necessary to give you cocaine or other drugs, which should not be taken except under a doctor's orders.

I am now going to add one or two notes of things that you may try, and which I found most useful—the tincture of Warburg, for example. This may be taken in doses of one to two teaspoonfuls. I have used the tincture a lot, and in cases where the patient had accustomed himself to taking large doses of quinine, I found it most efficacious, as a couple of teaspoonfuls hardly ever failed to produce a good "sweat." I may add that I have used it also a great deal since my return here on patients returning to England suffering from ague and fever; as a matter of fact, apart from quinine and pepsine, and a tonic containing Fowler's solution, I have used nothing else, and have been quite satisfied with the results. A very good mixture for malarial debility which usually agreed with the patients, and which I would recommend to you, is composed of:—

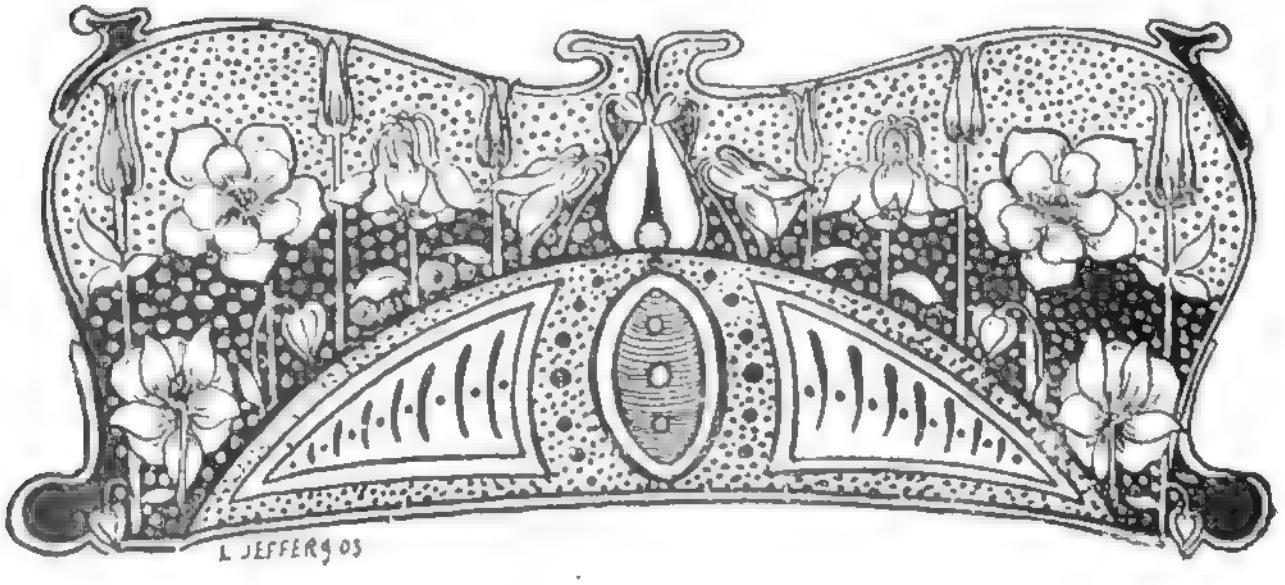
Quin. Hydrochloratis	grs. v.
Acid. Nit. Dil.	m. x.
Acid Hydrochloratis	m. x.
Tinct. Gentianæ	ʒgs.
Aq. ad	ʒs.

A tablespoonful to be taken three times a day.

Another thing I should like to recommend, although going perhaps from the subject, is the taking of a ten-grain powder of salicylate of soda the morning after taking the calomel pill, especially where there is fear of inflammation of the liver.

I have now told you all I can as to the simple form of treatment; for the rest, as I said before, you must depend on your doctor.

Before closing I should like to point out that I have written this article as the result of my observations of a thousand or more patients I had during the time that I practised in the Isthmus of Panama.



Round the Schools.

EBURY STREET.

ON May 26th last, before a large and fashionable company, a most successful demonstration of the Sandow System of Exercises was given by the following pupils belonging to the Ladies' Classes at Ebury Street School, under the direction of the manager, Mr. T. W. Standwell :— Mrs. Mathieson (leader), Miss Morton, Miss Harris, Miss Pattinson, Mrs. Capel-Cure, and Miss Capel-Cure.

The programme opened with marching and deportment exercises, arranged to give a good upright carriage, with freedom of movement and development of the lower limbs. The next item was chest expander exercises, which were gone through in splendid time, the vigorous movements, and the novelty of the deep-breathing exercises particularly appealing to the audience.

During an interval, Mr. Standwell read a short but interesting paper on physical culture, arranged under three headings :—

The effect of exercise in (1) the reduction of obesity; (2) in the building-up of the body; (3) in the development of the lungs, and the prevention of disease. Explaining under the first heading how during exercise combustion becomes much more active, and how the burning of tissue (principally fat), the excessive production of heat, and the throwing out of the system the

DISPLAY AT EBURY STREET SCHOOL. RUBBER EXERCISE.

waste products of dissimilation is the cause of loss of weight during exercise; also pointing out that reduction was chiefly local to the muscles used, and that if the arms and legs only were exercised they would lose their fat and the muscles become firmer and stronger, but the fat would remain upon the other parts of the body, so that for the cure of obesity it was necessary to have local vigorous exercise of the abdominal muscles as practised in the Sandow system.

Under the second heading it was shown how, if through physical indolence one person became too fat, another person of an entirely different temperament became too thin through the same cause, how for the want of exercise in the one dissimilation is too slow, and in the other the power of assimilation is lost, and how exercise produced in the one a more rapid combustion, in the other it increased the assimilating powers by which the body gains weight.

Under the third heading was pointed out how, by increasing the lung power, both the reduction and the building-up of the body were materially aided.

The ladies then gave a practical exhibition of exercises with the dumb-bells for the development of the lungs, the reduction of obesity and general development, finishing up their part of the programme with the developers, and running and walking exercises.

DISPLAY AT EBURY STREET SCHOOL. ABDOMINAL EXERCISES.

The instructors gave an excellent exhibition of light and heavy dumb-bell exercises under the direction of Mr. Eggleton.

During the evening Miss Capel-Cure played a violin solo of Srendsen's, and Miss Wright sang "Love, the Pedlar."

The whole display was greatly appreciated and loudly applauded.

The following are the measurements of Mr. W. Stevens, a pupil at this school, whose portrait I am able to give, showing the great improvement made in his general development:—

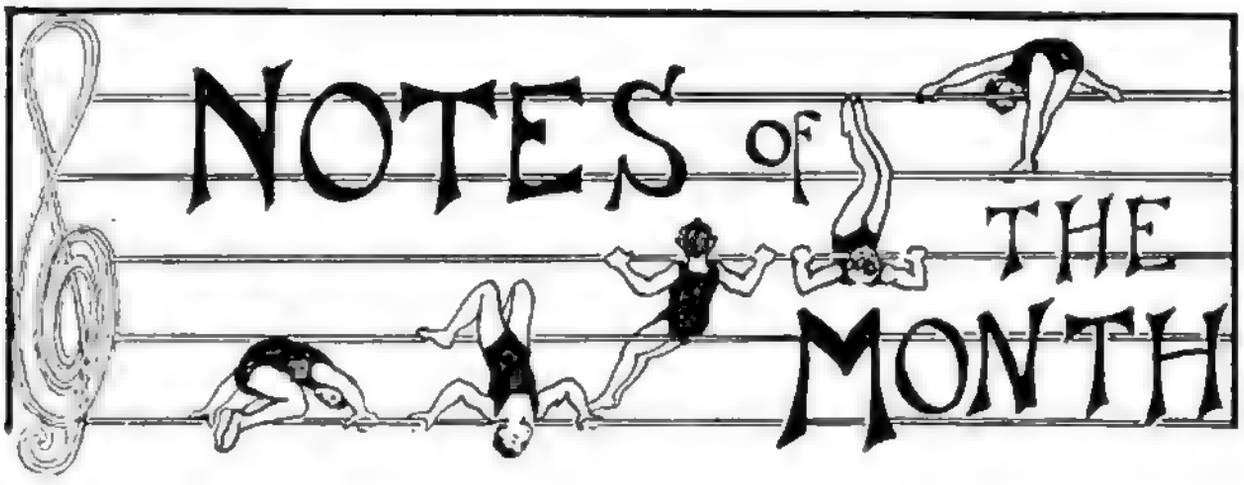
MEASUREMENTS.

	On joining Schoo'.	Now.
Neck	... 15¾ inches.	15¾ inches.
Chest (contracted)	... 35 ,,	37 ,,
,, (expanded)	... 40¼ ,,	44½ ,,
Upper arm, right	... 13¾ ,,	16½ ,,
,, left	... 13¾ ,,	16½ ,,
Forearm, right...	... 13½ ,,	15 ,,
,, left ...	... 13½ ,,	15 ,,
Waist	... 30 ,,	30 ,,
Thigh, right ...	... 21½ ,,	23½ ,,
,, left ...	... 21½ ,,	23½ ,,
Calf, right ...	... 15¼ ,,	15¾ ,,
,, left ...	... 15¼ ,,	15¾ ,,
Height	... 5 ft. 7 ins.	—
Weight	... 11 st. 6 lbs.	11 st. 12 lbs.
Chest expansion	... 5½ inches.	7½ inches.

CAPABILITIES.

	On joining School.	Now.
One-hand lift (right) ...	120 lbs.	250 lbs.
,, (left) ...	120 ,,	250 ,,
Right-arm press ...	60 ,,	185 ,,
Left-arm press... ...	50 ,,	140 ,,
Double-handed (barbell press)	130 ,,	190 ,,
Double-handed (dumbbell) press	60·50 ,,	90·90 ,,
Chest expander ...	3 ,,	6 ,,
Arms extended sideways (right)... ...	30 ,,	60 ,,
Arms extended sideways (left)	30 ,,	60 ,,
Arms extended sideways (both)	30 ,,	60 ,,
Arms extended frontwards (right) ...	25 ,,	55 ,,
Arms extended frontwards (left)	25 ,,	55 ,,
Arms extended frontwards (both) ...	25 ,,	55 ,,

W. STEVENS,
Pupil at Ebury Street School.



Army Pay Corps,
Cape Town.

Dear Sir,—I should like to say a few lines in appreciation of Corporal Hamper, who, I believe, has written to you enclosing some photographs of his physical development. I have been intimately acquainted with him for about twelve months, the greater part of which time he has spent in faithfully adhering to your methods of physical culture, under somewhat disagreeable circumstances.

Members of departmental corps in Cape Town under the rank of sergeant have been accommodated in huge barrack-rooms holding from 50 to 80 men. Consequently it requires no small amount of nerve—for a novice—to strip off and go through the motions described on your charts for developer and grip dumb-bells. Nevertheless, that is what our young friend has done all along, but not without enduring the cutting sarcasm—which Tommy Atkins, in his own inimitable vernacular, is past-master in the use of—from other members of the room, and to which he was by no means insensible.

Their idea of exercise is to furiously swing Indian clubs, or go through a few exercises anyhow with dumb-bells for a few minutes, but worst of all—and this is the favourite form—they generally rush out immediately after tea and play football on the square for nearly an hour under a strong sun, until they are in a state of exhaustion. Imagine that for men who are cooped up in office all day!

In contrast, our friend calmly employs his time reading, chatting, or generally arranging his kit for a couple of hours after tea, then he commences the usual routine of your system of physical culture, and with such beneficial results that for long he has been fairly bubbling over with health.

His enthusiasm and devotion has had the desired effect of inspiring others to go in for it likewise, but although they do not stick to it with the tenacity that he does, they seem to derive a wonderful amount of benefit from it, besides making them appreciate the fact that there is only one rational course of physical culture for office-workers, viz.: a gradual, patient, building-up of the whole muscular system.

My humble attempts at photography have hardly done him credit, as the delineation of the muscles, etc., seems to have somewhat faded in the process of fixing the prints.

However, we cannot get away from the fact that he is a well-proportioned young fellow, and one who desires to show his deep gratitude to you for the advice he has received from your book and magazines (which, I may say, have been freely circulated round the room on "mental and moral," as well as physical culture.—I am, sir, yours sincerely,

W. J. ATKINSON,
L.-Sergeant, Army Pay Corps.

[I regret the photos. sent do not lend themselves to reproduction, but hope my correspondent will be able to send me some better ones later on.—ED.]

* * *

London, N.E.

Dear Sir,—I have read with much interest the article on the benefits derived from a course of the Sandow system, in the case of one whose

health had been shattered in South Africa (April Magazine).

The account therein contained is at once valuable and striking testimony to the excellence of the system; there are, doubtless, many cases of a similar kind in existence, if they could be brought forward.

However, I should like, if I am not trespassing too far on your valuable space, to give a few particulars of my own case; I am, I venture to say, a living example of one rescued

JAMES MORAN *(Oldham.)*

from the very brink of the grave, by joining one of your schools.

Some four years since, on coming to reside in London, I was suffering from the poorest of health. My physical powers were absolutely nil—and as a natural consequence, my powers of will and self-confidence were proportionately weak.

However, a great friend of mine strongly advised my joining the Tottenham Court Road School; which I did in the late summer of 1899. At that time I was, I think I may venture to assert, one of the very poorest physical specimens that could be produced; but the effect of steady application to the exercises prescribed by Mr. Sandow was very soon apparent. Unfortunately, I cannot lay my hand on all my books containing my measurements from time to time; but in the three years I have gained in chest measurement at least six inches; my height has also increased, while at the present moment my general fitness of condition is excellent, and I may say here, that one of the *great* features of the system appears to be the feeling of *fitness* and confidence it gives a man. The system (unlike the systems pursued in some English schools) trains every part of the body, chest, back, calves, and so on. How many individuals, I wonder, has Mr. Sandow physically (aye, mentally too) regenerated in the course of his career? Many, I believe; and I hope the number will go on increasing; for, sir, this question of physical well-being is a *national* one. Were it possible, I should be glad to see a Sandow School in every town, city, and village in the Kingdom.

Could a Carnegie or a Passmore Edwards but be persuaded to endow a few Sandow Schools in various centres, they would be giving, to rich and poor alike, a far more priceless gift than books and periodicals—viz., health, or the means of obtaining it. In short, sir, I may say I now know in my own person what health, strength, and fitness mean. Should my enthusiasm provoke a smile, I trust you will forgive me. As I write, I can feel the muscle rise on my arm like a cannon ball.

I may add, in passing, that my age is 27 Friends whom I have not met for a year or two scarcely know me, so great has been the change. Whenever I can, I endeavour to persuade people to join one of the schools. If they are weak, they can be made strong; if they are strong, they can be made fitter, kept up to the scratch. By the way, I am glad to hear there is now a school at Maidenhead.

I must not, sir, trespass further on your time and space, but enthusiasm is apt to be carried out of bounds, as it were.

In conclusion, I think we may call Mr Sandow the Physical Saviour of the World

That many and many more may realise, as I have done and am doing, the blessing of health and strength is my great desire. In conclusion, I have the honour to be, sir, yours very faithfully,

F. J. EGERTON-WARBURTON, M.A., Oxon.

* * *

Walking.

Writing in the Melbourne (Australia) *Sportsman*, "The Crank" gives the following excellent advice :—

In the fine, bright weather which is promised us this month, early morning walks will bring a very pronounced feeling of exhilaration. As a result you will work better, eat more heartily, and sleep better. And what is more satisfactory still, if you practise breathing exercises, early morning walks will add an inch or two to your chest measurement in course of time.

If you are not too fatigued after your day's work, walk home. If you live too far from the city, drop out a station a mile or two from home, and walk the remainder of the journey, practising the same breathing exercises as you followed in your morning jaunt. However, never walk if you feel tired—it will do you no good. There is no excuse for a man not doing any walking at all, providing, of course, he has the use of his limbs.

Another thing. Don't imagine that a walk as suggested will benefit you if you only indulge in it on Sunday mornings. Exercise, as I have oft already repeated, is only beneficial when used systematically. You should endeavour to walk at least two miles a day during the nice, congenial weather, for there will be breakages enough when the elements "foul" themselves.

If you cannot get sufficient walking during the day time, take a short, brisk walk before going to bed, but don't walk yourself into any perspiration at night, for the nights now are generally very cool and somewhat treacherous, and colds are easily contracted.

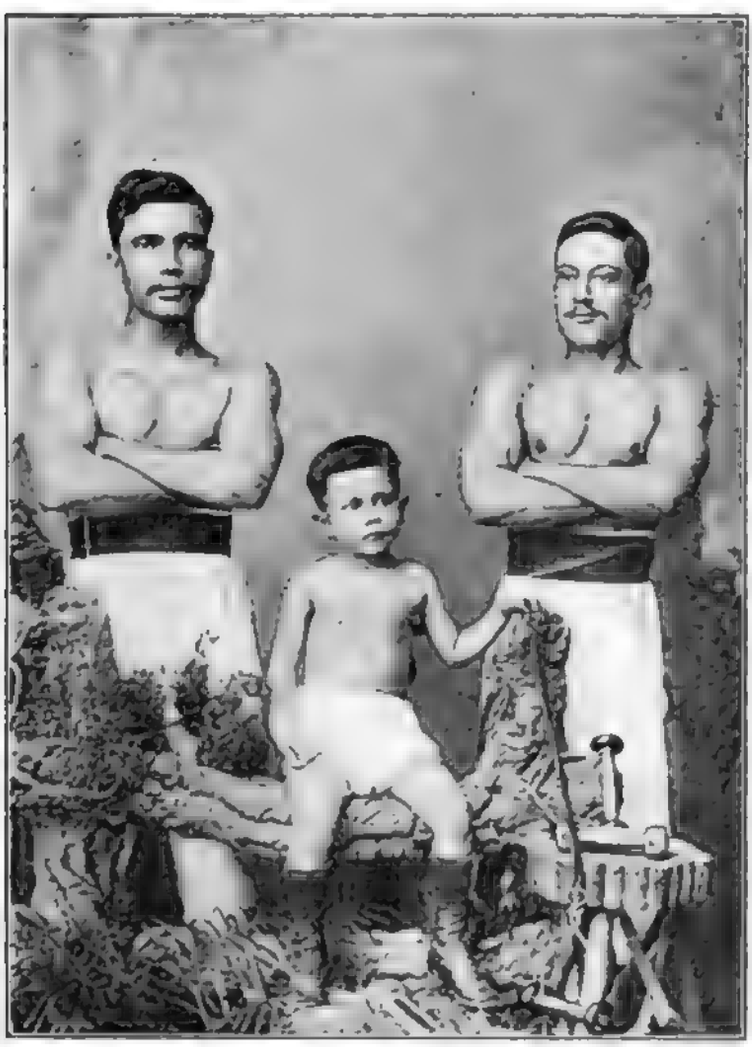
Walk at a nice, even pace. Don't dawdle, and don't sprint; just take a long, easy stride, and keep it going. When taking your walks at night, do not stop to talk for any length of time to anyone whom you may meet. Go right to your room if perspiring. Strip, and rub yourself until thoroughly dry with a rough towel. Then take a sponge, or wet a towel, and pass over your body without using any soap. It may chill you for a moment, but begin at once to rub yourself dry, and in a very few minutes you will feel a warm, healthful glow extending over your entire body. If you are not prepared to go to bed at once be careful to avoid any draughts.

* * *

Lord Londonderry on Physical Educaation.

Speaking recently at the Northampton Institute, Clerkenwell, Lord Londonderry said he took a great interest in the question of physical exercises, because he considered it essential that the development of the body as well as of the mind should be aimed at in a true education. There was an impression, he feared too well founded, that the English race was deteriorating in physique; and, if they visited the slums of any large town, they could not help realizing that the physical standard of the inhabitants was a low one. Moreover, the returns as to recruiting seemed to leave no doubt that a very great proportion of those who offered themselves for service in the Army were undersized, and the proportion of rejections seemed to be on the increase. The reasons for this decline were numerous; but amongst them he might instance one that had not been largely dwelt on. Improvements in medical science, the strict regulations of sanitary authorities, the immediate isolation in hospitals of persons suffering from infectious diseases, had saved many lives of weaker people who in older days would have been carried off in the process of the "survival of the fittest." This weaker element had survived, and had been

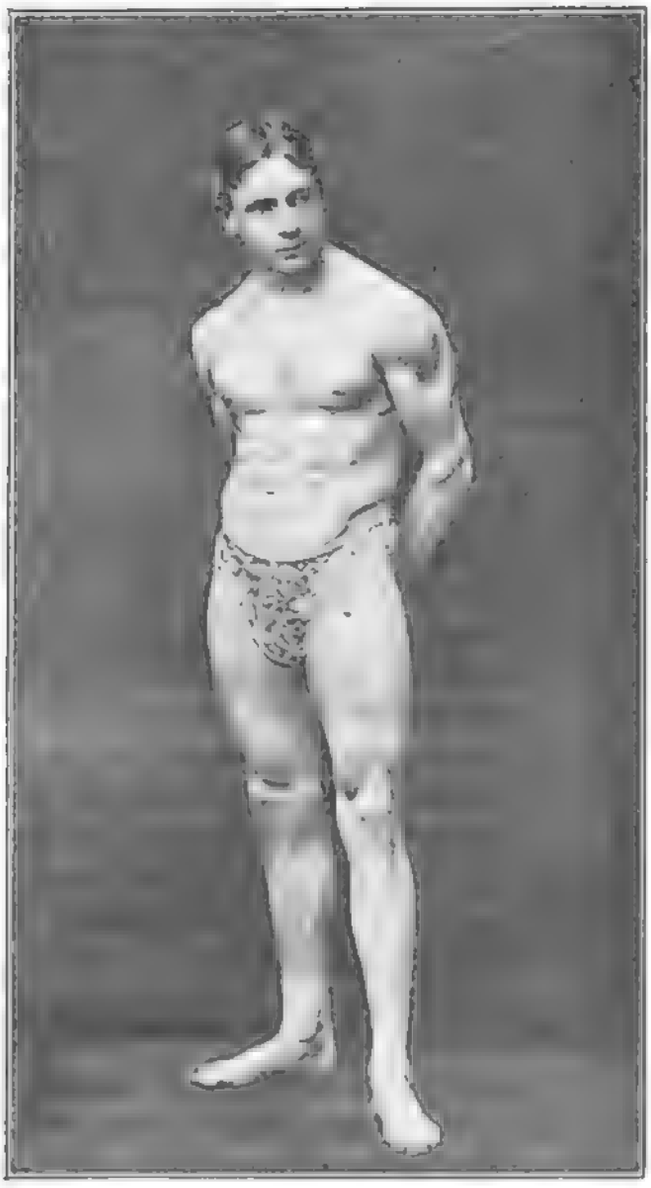
added to the general population. It clearly could not conduce to the development of a strong, healthy race, and must tend to lower the general standard of health and the average size of individuals. The obvious remedy to be applied was that which had been used with success elsewhere, namely, a universal system of physical education. He knew that there were difficulties in large towns owing to lack of space. But even there playgrounds and open areas existed, of which every advantage should be taken by teachers and managers in their efforts to develop the physique of the children, to strengthen their limbs, and to increase their vital capacity. While everyone was prepared to admit the advantage, and indeed the necessity, of physical exercises, there were differences as to the methods of instruction which should be adopted. On this point he would only say that he deprecated looking at this question from any political or party point of view, and he would be sorry to suppose that anyone wished to make party capital out of it. The chief point was that the instruction should be complete; and to effect this end it was necessary that teachers themselves should be thoroughly instructed in what they had to teach. How was this to be done? He had great admiration for the teachers, because he knew their intelligence and their devotion to duty; but they seemed to him in some cases to resent the idea that experts should be required to teach physical exercises. Those who took this line forgot that no knowledge came by nature, and that physical training required expert teaching in the same way as did any other branch of knowledge. But until teachers were thoroughly trained what was to happen in the interregnum? Was it not well to prescribe some simple system of physical education, so simple as to be easily learned by the smallest and most delicate children, giving the teachers at the same time full discretion as to allowing weakly children to fall out? All these questions would be considered by the Interdepartmental Committee which was to sit, and care would be taken that all opinions should be represented. Witnesses would be called who had experience in the matter and had formed independent views about it. He trusted very earnestly, and with some confidence, that a solution of the problem would be arrived at which would be generally satisfactory. They would then be in a position to prosecute



E. J. D'SANTOS. E. A. KNIGHT.
MASTER J. D'SANTOS.
(Indian enthusiasts.)

with vigour their efforts to make a general improvement in the health and physique of the rising generation, which would thus become more fit to take their part and their share of responsibility as citizens of our great Empire.

* * *



J. HANKS (Aged 13 years).

The accompanying photograph of Mr. J. Hanks arrived too late for the recent Empire and Muscle Competition, but we have great pleasure in publishing it, demonstrating, as it does, the excellent results accruing from the Sandow System of Physical Culture. Mr. Hanks, who is only 18 years of age, stands 5 ft. 11 ins. in height, and his chest (expanded) measures 45 ins.

* * *

The Army Recruits—Striking Figures.

Lord Londonderry's assertion that the standard of physique in this country is seriously deteriorating is strikingly confirmed by the official figures dealing with Army recruits for 1902.

These show that the rejections for the Army have increased enormously, 47,916 men being rejected out of 100,771 inspected between January 1 and December 31, 1902.

The comparative figures of the last three years are as follow:—

Year.	Recruits Offering.	Rejected for Physical and Other Defects.
1900	84,402	23,745
1901	76,750	22,536
1902	100,771	47,916

So far as the Army is a criterion of the nation at large, the figures show that the agricultural population and the artisans of the towns are the classes who provide the greatest proportion of the physically unfit.

In the towns, quite apart from recruiting, the standard of physique is getting lower, and where there were tens of thousands of an average height of 5ft. 6ins., there are now only thousands.

Teachers in board schools say that the chest measurements of the children are deplorable, and that much of the poor physique is the result of early and improvident marriages among the poor.

There is room even in the present crowd of Royal Commissions, they assert, for an inquiry into the failing physique of young England, and it is probable that Lord Londonderry will take the initiative in the matter in order to establish a system of physical training.

* * *

"The Art of Weight-Lifting."

I have been favoured with an advance copy of a new book on "The Art of Weight-Lifting," written by Attila and edited by Mr. T. Inch, which provides some interesting reading and plenty of advice for would-be weight-lifters. "Barbell" will, no doubt, deal fully with the treatise in the August number. The price of the book is 1*s.* 6*d.*

* * *

We have great pleasure in publishing the accompanying photograph of B. B. Marshall, a native of far-off British Guiana, which has been sent as an example of the results of following the Sandow system in that country.

* * *

"The Sports Library."

All lovers of sport will welcome the arrival on the market of the "Sports Library," which is really a "Badminton" in a cheap form. Although published at the low price of 1*s.*, the first volume is admirably produced and well and profusely illustrated. This deals with riding, driving, and kindred sports, and is written by that well-known authority, Mr. T. F. Dale, author of "Polo," editor of the book on Polo in the Badminton Library, and a regular contributor to many leading papers and magazines. His extensive experience enables him to give many interesting chapters dealing with all branches of the sport, including even hog and jackal hunting in India. The chapter dealing with sport and health appeals largely to followers of physical culture, and from it I take the liberty of making the following extracts:—

"Most men would, I think, say that one of the reasons for their devotion to sport was that it brought health. This is, no doubt, true to a great extent, and a life given up to outdoor pursuits is, on the whole, the healthiest kind of existence. The writer cannot pretend, of course, to any scientific knowledge of the laws of health in relation to exercise more than is within the reach of ordinary people. Yet he has had a long experience, and has almost always had to combine work and play. The suggestions which follow are those which are derived from practical experience.

"One of the reasons why sport and riding and driving sports are sometimes injurious is that men rush into them without sufficient

B. B. MARSHALL (*British Guiana*).

preparation and without being fit to undertake them. No man out of condition, however skilled an oar he might be, would undertake to row in a boat-race without training.

"There are three things that must be carefully regulated alike in the working periods of life and the leisure days—exercise, food, sleep. I think that most busy men

take too little exercise, eat too much, and sleep too little."

For exercise Mr. Dale recommends before breakfast a short ride or walk or bicycle ride, and on returning a few minutes with dumb-bells of two to four pounds, followed by a cold bath. Walk to business (how would this suit some City men?) and back, after which a dry rub over and complete change of clothes is a good thing. This, he points out, should be carried out regularly all the year round. Food should be plain, and taken not at too distant intervals; and as to drink, the less the better. Mr. Dale thinks that sleep, and plenty of it, is necessary to enable a man to do hard and sustained bodily work. He is a great believer in constant changes of raiment. "If you are, or have been, hot or wet, never rest until you have changed." The book, which is published by T. Fisher Unwin, Paternoster Square, is an excellent shillingsworth.

C. W. CASEY,
Champion Axeman of New Zealand, 1901 and 1903.

Our Ladies' Pages.

LECTURING recently at Leamington Mrs. Josef Conn, of South Kensington, a great authority on physical education, pointed out, in the most convincing manner, how greatly the important subject of physical culture has been neglected in the training of our women up up to the present time. Mothers have at last awakened to the fact that in spite of gymnasiums, calisthenics, and all the multifarious forms of exercise included in a school curriculum, their children still return home for the holidays with tonsils, adenoids, poking chins, round shoulders, and frequently a tendency to curvature of the spine. The lecturer explained how much needless suffering might be spared if only the mother had the knowledge she ought to possess regarding the physical development and training of herself and her children. Mrs. Conn then gave some practical illustrations of standing without fatigue and sitting without support, and continued further to explain how the figure may be trained, with erect head, prominent chest, and small symmetrical waist without the aid of corsets.

* * *

Mr. W. A. Clark, of Tunbridge Wells, sends me a photo of his son, taken when ten months old, together with particulars of his rate of increase in weight and measurements, which are as follow :—

Age.	Weight.	Age.	Weight.
5 weeks	5 lbs. 8 ozs.	28 weeks	16 lbs. 2 ozs.
15 ,,	9 lbs. 3 ozs.	32 ,,	17 lbs. 8 ozs.
20 ,,	12 lbs. 4 ozs.	38 ,,	19 lbs. 12 ozs.
24 ,,	14 lbs. 10 ozs.	41 ,,	20 lbs. 10 ozs.

Measurements : 23 weeks : chest, 17 ins. ; waist, 16½ ins. ; calf, 7 ins. ; upper arm, 5½ ins. ; forearm, 5½ ins. 42 weeks : chest, 19 ins. ; waist, 19 ins. ; thigh, 12 ins. ; calf, 8 ins. ; upper arm, 7 ins. ; forearm, 6½ ins.

* * *

CAN WE DO WITHOUT CORSETS?

Perhaps the majority of women will, without hesitation, give as answer to the above question the short, but in this case decisive, word "no," and without going deeper into the case the answer will be a correct one, as it certainly is not advisable for any woman, who for years has depended on artificial, and, in the case of corsets, unnatural support for the body, to suddenly

discard even a bad means of support for none or practically no support at all. I say *practically* no support, because all women have a certain amount of strength in the muscles they are taught to believe can be done without if corsets are worn, so that as, in the majority of cases, the corset-wearing woman has practically the muscles of the abdomen, back, and lateral abdominal muscles in an undeveloped condition, it would not be wise to discard the corsets *while they are in that condition.* I have had much experience during the last five years among hundreds of ladies and girls, and have come across a great number who, through wearing corsets, and not only wearing but abusing them by the very harmful practice of tight lacing, subjected themselves to numerous kinds of abdominal weaknesses, but after a course of special exercises they have entirely remedied the ill-effects. There is a mistaken idea possessed among women that development means increased size everywhere, but this is not the case in *symmetrical* development, as in symmetrical development all adipose tissue is worked off, especially in the case of a woman, round the waist; therefore, by correct exercises a stout person is reduced in girth and made considerably firmer, while a lean person gets increase by adding to her muscular tissue. The result in both types, after a very short time on the Sandow system, enables a woman to discard the corsets and at once make the natural upright carriage an unconscious possession. Unconscious inasmuch as a person so developed walks erect without voluntary effort, and apart from the appearance of the uncorseted person, which is more natural and graceful than the corseted one. (Of course, I am not speaking of those ladies one meets sometimes who do not wear corsets, and who are total strangers to physical culture; their figures would not induce any lady to dispense with corsets, if in return they would look like them.) There is the far greater reward of being able to successfully combat many forms of disease, which are the direct result of the very organs, etc., on which life depends, being cramped up to such an extent as to cause the correct working of such to be impossible. There are very few women of any age, or of impaired health, who could not by certain exercises eventually, and for ever, put aside the corsets with nothing but the best results. The appeal of Mr. Sandow to ladies to develop their bodies and discontinue to wear corsets is of great national importance, as the physique of future generations depends on the health of the women of the present.

ESTHER MURRAY.

WILLIAM ALEXANDER CLARK.

To Amateur Photographers.

"SANDOW'S MAGAZINE" NEW PHOTOGRAPHIC PRIZE COMPETITION.

I REGRET considerably having to announce that the ladies have failed to answer my invitation to forward their photos for competition, and so prove to the world that they are as enthusiastic over their physical welfare as the opposite sex. The result is that I am compelled to withdraw the Competition for a while, but hope later on to be able to revive it with more success.

In its place I have decided to start a new Competition, which will appeal to all my readers who take an interest in photography. Each month I will give prizes, to the value of £1 10*s*., for photographs of any sporting subject. The £1 10*s*. will be divided into first and second prizes, value £1 and 10*s*. respectively, or in any other proportion which may be decided upon, according to the merits of the photographs submitted. The prizes awarded will be in the form of orders to the amount, given on any firm advertising in the Magazine for the month in which the names of the prize-winners are announced.

The conditions are as follows :—

1. A Competitor may send in any number of photographs, but each one must be accompanied by the coupon in the current issue, which will be found on page x of the advertisements.

2. The coupons must be filled in with the Competitor's name and address, which must also be written in pencil on the back of each photograph sent in.

3. A stamped and addressed envelope must accompany all photographs, or they cannot be returned.

4. All photographs for this month's Competition must reach the Editor of "Sandow's Magazine," 32A, St. James's Street, S.W., not later than Monday, July 13th, marked "Photo Competition" in the top left-hand corner.

5. The copyright of any photograph awarded a prize is to belong to the Editor of "Sandow's Magazine," who also reserves to himself the right of publishing any photograph submitted for competition.

Sandow Presentation Sports Cups.

EIGHT crews entered for the race, under the auspices of the National Amateur Rowing Association (Thames Branch), for the handsome Challenge Bowl presented last year by Mr. Sandow. Before these lines appear, however, the destination of the trophy will have been decided, as the race was fixed to take place on Saturday, June 27, over the course between Putney and Hammersmith Bridges. The competing crews were University R.C. (holders); Oxford House R.C., Iris (Lea) R.C., Mildmay R.C., Southgate Road R.C., Cygnet R.C., Putney R.C., and Borough Polytechnic R.C. The Burton Club wrote saying they were unable to get together a representative crew, so that the competitors are all from metropolitan clubs. The draw was made as follows:—

Heat 1: Surrey Station—Putney R.C.; Second Surrey Station—Borough Polytechnic R.C.; Second Middlesex Station—Iris R.C.; Middlesex Station—University R.C. Heat 2: Surrey Station—Mildmay R.C.; Second Surrey Station—Cygnet R.C.; Second Middlesex Station—Oxford House R.C.; Middlesex Station—Southgate Road R.C. Final heat: Surrey Station—winner of Heat 2; Middlesex Station—winner of Heat 1.

ROWED FOR JUNE 27, 1903.

West End Association Notes.

West End Physical Culture Association.

With physical degeneration first favourite as a subject among scribes in every quarter, we must be forgiven if we fall victims, and touch on this exceedingly interesting topic in its relation to West End Houses. Some five years ago, when the idea of bringing the Sandow System within reach of the pockets of West End athletes was mooted, the suggestion was received with considerable enthusiasm, and now after five years' uninterrupted success, the promoters of the W.E.P.C.A. can look back with justifiable pride to their foresight and early recognition of what to-day has become a burning—and, indeed, a national—question of the highest importance. There is no physical degeneration in the West End, and the close of the fourth winter season of the W.E.P.C.A. finds it more in favour than ever, in fact, quite a West End institution. With the unceasing interest Sandow continues to exercise in the welfare and comfort of his pupils, for ever devising new movements and adapting the system in every direction, there is little doubt its popularity will inevitably increase until the happy day arrives when all properly constituted men and women will

WEST END A.A.A. COMPETITORS FOR THE FIVE MILES CHAMPIONSHIP.

regard it as much a duty to take their daily exercise as their daily tub or daily meals. It would be ungrateful to dismiss this subject without placing on record the W.E.P.C.A.'s very high appreciation of the untiring efforts of the Manager of the School, Mr. A. W. Jones.

Athletics.

The summer programme of the W.E.A.A.A. is as follows :—

120 yards Handicap and 1 Mile Team Race, June 30th, Paddington.

1 Mile Individual Championship and 440 yards Club Relay Race, July 24th, Paddington.

The 440 yards Individual Championship event has been sold to Magpie A.C., and will be held on the occasion of this club's House Sports, on June 27th, at Wormholt Farm.

We present an interesting reproduction of the start for the Five Miles Championship, which was secured by W. G. Pearce, of Harrodian (No. 12 in picture). This very fine runner has since added fruther to his laurels by annexing the Three Miles Polytechnic Championship, winning with the utmost comfort by a lap.

Rifle Clubs.

The first West End Rifle Club has sprung into being, engineered by Mr. D. Rawkins, of Clarence. For the present the Club has taken the form of a Morris Tube Range, and by the courtesy of the University College authorities the members are accorded permission to use the College range. Mr. Rawkins has been largely encouraged and assisted in framing the preliminaries by Mr. H. St. Loe Strachey, the editor and proprietor of the *Spectator*, which gentleman was present and fired the first shot on the opening night. Mr. Rawkins will be happy to advise any West End club as to the best means of approaching the matter if similar projects are in contemplation elsewhere.

Life-Saving.

Another institution of a practical and useful nature is the arrangement by the Swimming Association of a series of lectures and demonstrations in life-saving and resuscitation of the apparently drowned, now being held every Wednesday evening, 7.45 p.m., at the Holborn Baths, Endell Street. The lectures are free to all members of the W.E.A.R.A. and W.E.A.S.A., and the special committee appointed to watch this useful branch of the art of natation are Messrs. E. E. Lambert, W. H Phillips, and F. H. Treaddell. Every swimming man should take advantage of this opportunity.

The Rowing Re-Union.

On the invitation of the President, Mr. R. C. Blundell, and Mr. C. C. Blundell, representing the committee of the Association, old rowing enthusiasts forgathered in a goodly muster at the headquarters on the evening of June 3rd. Old battles were fought over again and old stories retold, banter passed freely and long-forgotten nicknames echoed round the room. In all, a delightful and inspiring gathering, the social event of the rowing year. May it recur again and again for many years to come.

Athletics in the City.

By A. P. PARKER.

SIR REGINALD HANSON'S handsome trophy for athletic pre-eminence in the City has again been won by Ravensbourne; in fact they have monopolised the competition, having held it every year since its inception in 1894–5. Olympic at one time were well in the running, but Ravensbourne's superiority in the Swimming Championships gave them the verdict. City Albion have shown marked improvement, and finished third.

The competition is an interesting one, the method of scoring being by points, the club scoring the smallest gross total in all the championships being entitled to hold the trophy.

Every Senior Championship counts equally. The order of merit in each contest is based upon the actual results alone, the absolute winners scoring one point, the next two, and so on.

In Junior Championships the winner counts one more point than the greatest number scored in the senior, and non-competing clubs in any championship all score one more point than the highest score of any club which does compete.

The trophy is therefore an incentive to clubs to compete for everything.

The Annual Championship Meeting will take place at Lee, on August 22nd, when the Senior Cricket, Lawn Tennis, Mile Running, and Mile Walking will be decided.

The Cricket Championship is providing plenty of excitement. The holders, Olympic, started splendidly, and won their first three matches in capital style, and started in June at the top of the Division, with Ravensbourne in hot pursuit; then the glorious uncertainty of the game asserted itself, an unexpected defeat of the leaders by Condor giving Ravensbourne the advantage.

But the tit-bit of the competition should be on July 11, when Olympic and Ravensbourne play their return match.

The fixtures for July are:—

July 4 Condor *v.* Ravensbourne.
„ 4 Longford *v.* Olympic.
„ 11 Anlaby *v.* Longford.
„ 11 Condor *v.* Minerva.
„ 11 Olympic *v.* Ravensbourne.
„ 18 Condor *v.* Anlaby.
„ 18 Olympic *v.* Minerva.
„ 25 Anlaby *v.* Olympic.
„ 25 Minerva *v.* Longford.

The great pity is that one only of these clubs can figure in the final, where the winner of Division I meets the winner of Division II.

The result is almost a foregone conclusion, for Division II, by arrangement, contains the weaker clubs, thus the possibility of two strong clubs contesting in the final is done away with. But against this, of course, the matches right up to the final are more interesting. A better plan would be to reduce the number of matches by forming two Divisions and playing a semi-final, especially as some of the clubs find it rather difficult to get through so many games, and many a grumble is heard that variety in the form of playing clubs outside the competition is

impossible. In fact, there are clubs who do not enter on this account. Perhaps that master of City Association reform, Mr. W. O. Godfrey, will bear this in mind.

Crownfield are in the running for the top place of Division II. On May 23rd they met City Albion and were successful by six runs. Carter's fast bowling for the winners had a deal to do with his side's victory.

The Lawn Tennis Championship is this year divided into two Divisions, viz., Division I: Connaught, Forest, Minerva, and Olympic; Division II: Anlaby, City Albion, Gresham, and Ravensbourne. Gresham won the trophy in 1892, Connaught in 1893–4–5 and 1897, while Olympic have held it since 1898, and jointly held it with Connaught in 1896.

The Annual Athletic and Swimming Sports of the City Police will be held at the Crystal Palace, on August 8th. The programme will contain:—

100 yds., 300 yds., and 880 yds. Handicap Running (open to all amateurs); ½-mile and 1 mile Handicap Cycling (open to all amateurs); 100 yds Handicap Running (open to Police Force); Tug-of-War (open to teams from the Army, Navy, Volunteers, Fire Brigades, and Police Forces); 100 yds. Handicap Swimming (open to all amateurs): ¼-mile Amateur Police Championship Swimming, and Water Tug-of-War.

There are a large number of valuable prizes, and City athletes and swimmers are specially invited to compete.

R. W. Wadsley is again in England, and on Saturday, June 6th, competed at Barrow A.A.A. Sports, but was too heavily handicapped, and did not catch his men.

The City River Championship (500 yds.) is down for July 18th, at Petersham.

A. G. Harvey, of the City Dolphin, has won this event for the past two years, while he has also held the Holloway United Half-Mile Championship for the last three years; this is due for decision on July 25th, at Long Ditton.

A writer, "Leander," in the *Sportsman*, paid a tribute to the City Police in the following:—"Considering the remarkable amount of interest that is taken in first-aid, life-saving, and swimming by the City Police, the lethargic state of the majority of the men connected with other Metropolitan police divisions is quite surprising. There are very few swimming clubs connected with the police outside the City, although, considering that they have to patrol the riverside and canals it is quite as necessary. In the City, natation is an essential to promotion, although, of course, not compulsory. Captain Nott-Bower is particularly keen on swimming and life-saving—in fact, the active interest evinced by him when Chief of the Liverpool Police has not a little to do with the high state of efficiency in which he left it. With the City men he is quite as enthusiastic, and has said that he will not be satisfied until every man in the force has mastered the life-saving methods. Captain Nott-Bower is an athletic looking man, who stands about 6 ft. high, and has a brother who gained fame as an amateur wrestler in the Old Lillie Bridge days."

At the St. Pancras Baths in May the City Police team gave a life-saving display and various aquatic feats, including a tug-of-war, in which their team (Inspector Duke, Sergeant Hitch, P.C. Greenop, and P.C. Drake) beat the Y Division Metropolitan Police (Sergeant White, P.C. Alesbury, P.C. Freeman, and P.C. Horn) by two pulls to love.

The Longford Rowing Club's opening race of the season took place at headquarters Messrs. Ayling's (Putney), and was exceptionally interesting, the umpire, Mr. Meyers, being unable to give a decision when they passed the stake boat. There was never a length between the competitors, and the umpire was fully justified when he declared the race a dead heat.

MATTERS of WEIGHT

by "BAR-BELL"

WITH the end of May comes a considerable slackness in weight-lifting practice; indeed, a large number of weight-lifting clubs cease work at the beginning of June, taking a more or less complete rest during what the almanacs are pleased to call summer. Weight-lifting is exhausting work during hot weather, consequently many athletes, through cessation of work in the middle of the year, find themselves somewhat out of form at the commencement of the season in October, and unthinking persons are often disappointed at the attempts made by really good men at the beginning of the season, not recollecting the fact I have just mentioned.

The accompanying photograph of Joseph Wrigley shows a remarkably fine development or a youngster of but seventeen years, and weighing only 7 st. 2 lbs. Wrigley, who is a pupil of Mr. R. Smith, of Blackpool, is a more than promising weight-lifter; in fact, for his weight, he is somewhat of a wonder. He can raise 118 lbs. with either hand from the ground to arm's length above the head in the orthodox manner, and 65 lbs. in each hand simultaneously; while his two-handed lift is 160 lbs. Readers would do well to com

JOSEPH WRIGLEY (*Blackpool*).

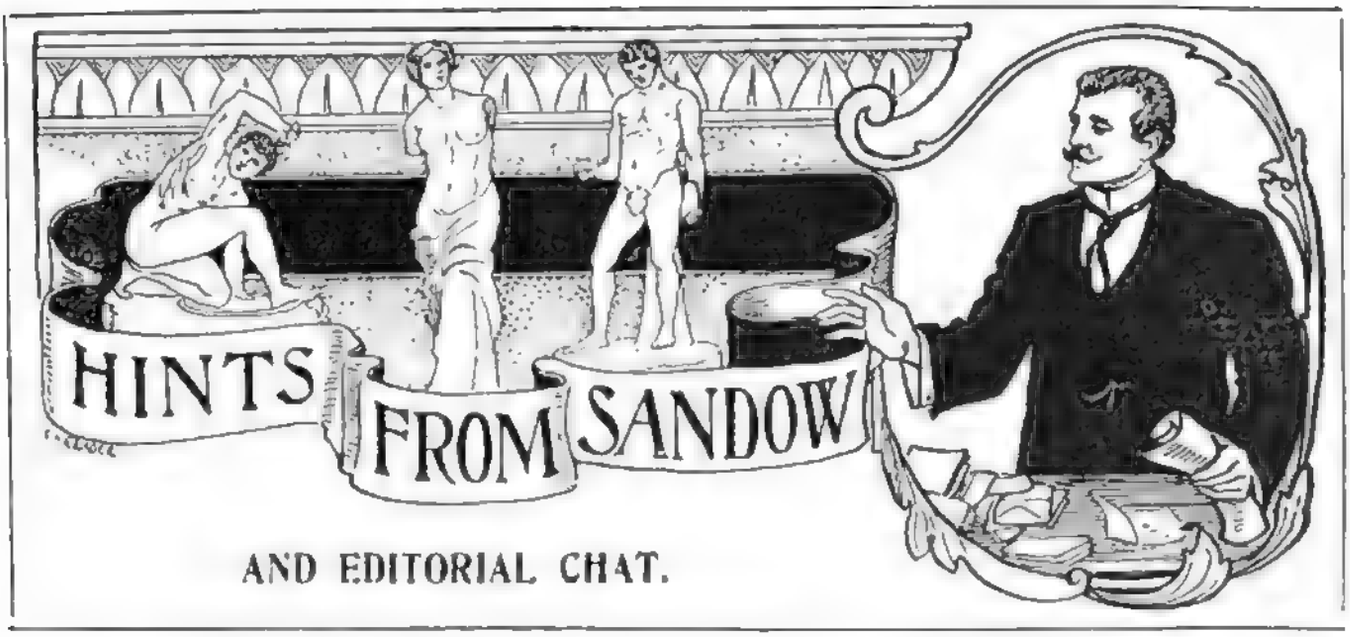
pare these figures with those attained in the recent competitions at the Polytechnic. No wonder that Mr. Smith is anxious to arrange a contest between his pupil and any other lifter up to 8 st., for it appears that he would have a good chance of winning.

If Mr. Wrigley would not mind conceding a few more pounds he might be able to arrange a meeting with a Newcastle weight-lifter, of whose recent performance my northern correspondent has sent me notes. T. W. McCoombes, the Newcastle man, is ready to meet any bantam-weight, conceding him 5 lbs. on the total of three clean lifts, right and left hand bar-bell, and double-handed bar-bell. McCoombes's recent contest was with a fellow countryman, W. Stobbs, whom he succeeded in beating by the narrow margin of 2 lbs., the lifts working out thus :—

	McCoombes.	Stobbs.
	lbs.	lbs.
Right hand	118	121
Left hand	99	99
Both hands	146	141
Total	363	361

The Essex Amateur Weight-lifting Club, one of the most go-ahead and well organised of such clubs in London, will ere long be supplying a new name to the list of amateur champions, that is, if Mr. Manders, jun., one of the members, progress much further in the art. This gentleman, without anything like the practice and experience of our foremost amateurs, has put up figures which must be decidedly encouraging. A simultaneous lift of 101 lbs. right hand, and 95 lbs. left hand, stands to the credit of Mr. Manders, while his best two-handed bar-bell lift is 216 lbs. The club gave a display last month, and a very successful display it was, too, Mr. Von Lom performing one or two feats, which, although not up to *his* competition performances, would win at any meeting nine times out of ten. A total of 782 lbs. on the four recognised lifts (Mr. Von Lom's record total is 846 lbs.), made up of 175 lbs. right, 166 lbs. left, 206 lbs. both hands simultaneously, and 235 lbs. bar-bell both hands, would put a good many championship winning totals in the shade. The late secretary, Mr. Martin, compiled the respectable total of 527 lbs.—a 9-st. man only—while a fifteen-year-old member made a 90-lb. bar-bell lift, both hands. The twelve-year-old son of Mr. Von Lom also gave a display of the powers which he has inherited, and put up 32 lbs. right hand, 28 lbs. left hand, and 20 lbs. in each hand simultaneously.

The last sentence in the foregoing paragraph gives me the keynote of a warning I have long been awaiting an opportunity of giving in these notes. Do not begin weight-lifting at too early an age. Frequently there are letters sent up to this Magazine by youthful enthusiasts who are anxious to aspire to weight-lifting honours before they are half-way through their teens almost; they give their performances, always wish to know if these may be considered good, and when the reply is favourable I have no doubt they regard it as an incentive to increased exertions, and pay but little heed to the warning which follows. Now what I have written about Master Von Lom will not, I sincerely trust, be regarded by young Sandow enthusiasts as a hint of which they should strive to take advantage. So far from meaning go and do—or try to do—likewise, I wish that it may act as a deterrent to exertions which, under the circumstances, I cannot help regarding as the contrary to beneficial. No doubt, in holding this view I shall find myself running counter to the opinions of Mr. C. Von Lom, and other weight-lifters of mature years, but it will take much to convince me that weight-lifting is anything but an extremely hazardous, and possibly dangerous, exercise for children. Next month, if space permit, I will go more fully into this, giving my reasons for my views.



ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on page iii of cover.

All communications relating to Instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

J. N. Gordon, Shanghai.—The poses are published separately for framing, printed on a fine art paper at a very low price. See advertisement pages for full particulars.

J. A. Castleton.—See notice elsewhere with regard to stamps for return. It is quite impossible to comply otherwise, we have so many.

Sirdar Gurkir Pal Singh Mann, India.—Many thanks for letter and enclosures. The latter I will make use of shortly.

H. W. Brown, Margate.—Your good wishes are encouraging. Hope you will notice continued improvement.

A. S. Ophel, South Australia.—Your long and interesting letter I was unable to reply to before. Any items of interest you may have to send will be gladly received. I hope physical culture will continue to grow and flourish in the Commonwealth. Am glad to find it has so many sturdy advocates. Your suggestion *re* pamphlet was already under consideration.

O. Johns, Merthyr.—Plasmon in its various forms is the most sustaining food I know. Take it with your meals and drink Plasmon cocoa.

J. Neville, Aston.—The Birmingham School should be convenient for you. Enquire of the Manager of the School, Monastery Buildings, Steelhouse Lane, Birmingham. Or take a course by my Postal Instruction System.

Northampton.—For the first complaint practise thoroughly the Nos. 1, 2, Chest Charts. For the second, Nos. 1, 2, 3, 8 of the No. 1 Dumb-bell Chart.

W. J. C., South Africa.—The finest thing you can do. The Englishman and his morning *cold tub* are synonymous terms. I am not the only person to prescribe this. It is a duty you owe your body —man, woman, or child.

A. Stewart.—Get my Spring Grip Dumb-bells, and having gone all through your work, do Nos. 1, 2, 3 over again.

A Croydon Admirer.—A movement as meant to be understood is of either arm, for instance to 20 times means 20 times with each hand, or 40 counts.

H. Carr.—The numbers being omitted, you are not intended to do them. The new edition will shortly be published, which you will do well to study.

Edwin Cattow.—All you need is a little more will-power. Certainly, continue as you have begun. The proposed course at the Manchester School will surely repay you.

J. Wilson.—Your definition of will-power and concentration is correct. The same amount of work is necessary in straightening as in bending the arm, but do not jerk the movement.

J. Dorrofield.—The idea is too absurd to need any comment. My system is too well known, and so many have done what I have done by the same methods that to take any notice of such rubbish is really waste of time. I wish he were in England, though.

D. Morgan.—General exercise is what is required, with, perhaps, a change of diet. Follow carefully the No. 1 Chart for three months, or, better still, take a Postal Instruction Course.

S. A. Madden.—A daily swim with the temperature you speak of will certainly not be harmful, providing it is not too prolonged. I do not think opening the eyes will weaken them. Here, again, you must use your own discretion.

H. V. S.—Only men holding a 1st Class Certificate for Army Gymnastics are engaged in the Sandow Schools.

Would-be Strong.—You certainly ought to weigh nearly 12 stone. Your trouble is a very common one. Exercise regularly 15 minutes night and morning, with cold bath after exercise. Try the evening exercise immediately before retiring.

A Would-be Sandowist.—All Charts may be obtained at the address of the Magazine, price 1*s.* 6*d.* each. Better consult a doctor about your ears.

Chas. P. C. Hemphill.—322½ lbs. two hands, 290 lbs. one hand.

OUR SEASIDE NUMBER.

Our August issue, which will be published at the usual price on July 30th, will contain many features, including a special coloured supplement. Students of physical culture, as well as those interested in sport in all its branches, will find in it a wealth of interesting reading. Order at once!

EXTRACTS FROM

THE

REPORT OF THE

ROYAL COMMISSION

ON

PHYSICAL TRAINING (SCOTLAND)

AS

Presented to both Houses of Parliament by Command of His Majesty.

WITH

Comments by EUGEN SANDOW.

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INTRODUCTION.

By EUGEN SANDOW.

ARE my fondest hopes to be realised at last? Is the nation becoming alive to the fact that the scheme which I have been advocating for years, or a modification of that scheme, is the only way by which the physical standard of the great nation governed by His Majesty King Edward VII, on which the sun never sets, can be maintained? It would, perhaps, be more correct to say "brought back to its original position," for facts like those adduced by the recent Commission on Physical Training in Scotland show that that has to be done before any improvement can be aimed at. It makes very ugly reading, but it is no use shutting our eyes to the fact, the British as a nation, physically, are deteriorating. It is all very well to say, "Look at our great and increasing possessions throughout the world." That does not prove one thing or assist the other. We may say, "What we have we'll hold," but saying and doing are two very different things, and unless the nation is able to maintain a high physical standard it can never hope to maintain its great possessions, but will surely follow in the footsteps of many another great nation of the past, and soon be on the down grade. This may appear to some to be a very gloomy view to take of things, but after one has read as carefully as I have the report from which the extracts in this supplement are taken they can only agree that it is the correct one. Never in the history of the British Empire has the question of the physical standard of the nation and its deterioration been brought forward more forcibly, and it is with a view to increasing interest in that subject, which has been my aim for years, that I wish to place before my readers the more vital parts of the Report of the Commission on the evidence taken, together with a few comments by myself on the various points and questions raised. Without wishing to be considered unduly presumptuous, I feel justified in the step I am taking, for I think I can lay claim to being the pioneer of the Physical Education of our children on a *scientific basis*. In proof of this I need only go back to what I said in 1898. Then, dealing with my system of Physical Culture, I wrote: "Its ultimate object is to raise the average standard of the race as a whole. That is, no doubt, a stupendous task, and one which it may take many lifetimes to accomplish. But everything must have its beginning, and unless we set about improving the physique of the present generation we cannot hope to benefit those who come after us. Healthier and more perfect men and women will beget children with better constitutions and more free from hereditary taint. They, in their turn, if the principles and the duty of Physical Culture are early instilled into them, will grow up more perfect types of men and women than were their mothers and fathers. So the happy progression will go on until, who knows, but that in the days to come there will be a race of mortals walking this earth of ours even surpassing those who, according to the old myth, were the offspring of the union of gods with the daughters of men! That is, perhaps, an almost impossible ideal, but it is well to set one's ideals high. Surely, what has been done for the horse and the dog cannot be impossible of accomplishment in the case of man. At all events, it is worth trying."

These were my ideas and sentiments long before the question became, in the opinions of governing bodies, a matter of most vital importance; but it has taken five years for the powers that be to realise the force of my argument and see the necessity of framing some code of

physical training which shall tend to raise the present low standard. The outcome of this realisation has been at last the institution of a Commission to consider the standard physically of the younger generation of Scots, and it is indeed sad to find that the home of giants and their great prowess should have so fallen as is proved beyond doubt by actual statistics. These figures have been obtained as the result of most careful research on the part of the Commission, who spared no time or pains to arrive at a true and honourable conclusion as to the actual state of affairs physically in Scotland, and the result of their deliberations as set forth in the following pages, only go to show more forcibly the justice of my remarks which I have quoted above. The evidence obtained was most exhaustive, covering as it does some 600 pages of a special "Blue Book," and from my own personal knowledge the members of the Commission, having arrived at the conclusion that some scheme of physical training was necessary to rectify the present bad state of things, were most anxious to receive suggestions towards that end. Opinions were given by various authorities and comments made on the various systems now in vogue. Of these, however, only six received recognition, and only one of them was the system as laid down by an individual, viz., my own, the others considered being the systems adopted by various countries. Having fallen in with the wishes of the Commission in giving my views on the question, and what humble suggestions I had to offer, which I am glad to note have been received most favourably by them, and having read the evidence of others who appeared before the Commission, I feel that some explanation is due from me with regard to certain points in my evidence, and therefore take this opportunity of making it. It is with regard to the statements by witnesses and the opinions of the Commission on the question of "concentration," which to a very large extent is the groundwork of my system. As an example of the great advantages accruing from following my directions, I need only quote the boys of the Watford Asylum, who created such a favourable impression when inspected by the Commissioners, and on a previous occasion by the Prince of Wales. The Commission, taking apparently certain portions of the evidence of Col. Fox as a guide, express the opinion that the fact of employing the brain in the exercise of the muscles would be detrimental to the child. But they seem to have fallen into the error of judging the child from the standpoint of the man, and failed to strike an average between the two. I need hardly point out that in the exercises for children as laid down by me every consideration is taken of the difference in physique and condition of children from adults, and whilst there is still that "concentration," it is only conducive to beneficial results, of which we have ample proof from actual cases. Why, as soon as a child can read and write, one of the first lessons it learns from its copy book is, "Whatever you do, do with all your might," and that for a child to succeed in life is the very essence of success. But to suggest that a child in taking any form of bodily exercise should not be called upon to use the mind in connection with the exercise is not reasonable or in the least justifiable, as without this mental concentration the exercises become mere work, mechanically done, and the time spent is wasted, as it is by concentration of the mind that results are obtained. Watch a girl skipping or a boy playing cricket. Why, every action, every movement of the body, to bring about the effect of alertness must absolutely be the result of *concentration*. Another important fact which appears to have been lost sight of is that bringing the mind to bear upon the performance of certain exercises is a vastly different play on brain power to the

attainment and retainment of knowledge which results in mental *strain*, whereas physical exercise of the body is just as much mental *exercise*, and so conducive to strengthening of the brain for the acquirement of knowledge. But it would be grossly unfair to expect a child to do the same exercises as those set down for adults or army recruits, and that, no doubt, is the reason why both Col. Fox and General Chapman in their evidence were inclined to the belief that concentrated attention was not advantageous for the physical training of children. It is not a little singular that the only witnesses who expressed that opinion should be gentlemen associated with the army, which, as proved by a letter from Col. Fox to me on the subject, benefited considerably from the adoption of my methods. Writing to me, Col. Fox said :—

The Gymnasium, Aldershot,

DEAR MR. SANDOW,

I am in receipt of your letter from New York, which reached me on the 23rd inst., and am very glad to hear of your success in America. The book you speak of as about to be published should also be very successful, and ought to do much towards making your system of physical development widely known. Since your last visit to us here, my Staff Instructors and Non-Commissioned Officers under training have been most energetically practising the light dumb-bell exercises you so kindly showed them.

I am convinced that your series of exercises are excellent and most carefully thought out, with a comprehensive view to the development of the body as a whole. Any man honestly following out your clear and simple instructions could not fail to enormously and rapidly improve his physique. As two notable instances, I may cite the cases of Captain Woodgate, Superintendent of Gymnasia, Woolwich, and of Staff Instructor Moss, Army Gymnastic Staff.

It is almost superfluous for me to add that you yourself, *in propria persona*, are the best possible advertisement of the merits of your system of training and developing the human body. Perhaps the part of your system that I think most highly of is your insistence (1) upon the concentration of the will power on the muscle or muscles chiefly concerned in an exercise ; and (2) the importance you attach to energy and dash, accompanied by the most rigid attention to the minutest details, in the actual carrying out of any and every exercise. As the result of twenty-five years' experience, I can confidently assert that work done without strict attention to these two points is valueless from either a developmental or educational point of view, if, indeed, it be possible to differentiate between terms that are, *a priori*, of necessity almost synonymous. It is, of course, extremely difficult, and well-nigh impossible, to insure the concentration of will power upon an exercise among large masses of men, whose physical training is more or less compulsory ; and we have then to fall back upon the expediency of fixed apparatus to insure the attainment of the necessary amount of muscular exertion. But any individual gifted with a fair amount of determination is absolutely certain to develop his physical powers at an extraordinarily rapid rate, and with the most happy results to his general health and mental powers and activity, by following with intelligence your system. As you very rightly say, it is only by bringing the brain to bear upon our exercises that we can hope to produce the best results with the shortest possible expenditure of time.

The absence of expensive and cumbrous apparatus is no small recommendation for your system, and you are thoroughly in the right when you assert that lasting muscular development, and consequent strength, can be best produced by the constant and energetic use of light dumb-bells employed in a sound and scientific manner.

Believe me, yours very truly,

G. M. Fox, Lieut.-Colonel,
H.M. Inspector of Military Gymnasia in Great Britain.

The foundation of all success in life, both mental and physical is concentration ; and this can be only developed in the child by means of systematic Physical Culture. It is the mind, and the mind alone, which directs every movement, external and internal of the human frame.

It seems to me that the Commissioners, like many other people, are rather in the dark as to what concentration in connection with Physical Culture really is. I will tell you.

It is the directing or dictation of the limbs, muscles, or organs of the body, over which the mind has control, to obey the will, so that we may become masters over our whole bodies in every way, and know what we are doing, and what we are doing it for. As, for example, a child writing the letter "A." If the mind be not directed upon the muscles necessary to form this outline, the letter would not be formed, but that does not say that the hand would not make some sort of a scrawl. This is the principle to be applied to Physical Exercise without concentration, or to be conscious of what muscles are brought into play.

It is therefore patent that there must be concentration in everything which is not mechanical, and this brings me to what I want to drive home most forcibly. To take into the body more air than is necessary for ordinary existence calls forth concentration to effect this. Try it yourself. Inhale deeply and you will find the brain has to be brought into play before the movement can be accomplished. One cannot make any extra effort in breathing without the mind dictating that it shall be carried out, and that very dictation upon any organ, muscle, or muscles over which mind has control is concentration. *So, then, the Commissioners admit that ordinary breathing which we do to maintain life does not produce lung and chest development.* Surely, if it applies to one part over which the mind has control, it applies equally to the other. *Just as natural breathing is mechanical, so is ordinary exercise without concentration.* So, by recommending my breathing exercises, the Commissioners, whilst to an extent depreciating concentration, have *unconsciously recommended it.* Should the Commissioners' recommendations go through, that is, the adoption of my breathing exercises alone, and neglecting the muscles of the other part of the body, preferring for the latter some movements mechanically performed, I have no doubt that within twenty years we shall see nothing but chests walking about!

With this one exception, viz., the question of concentration, I am thoroughly in accord with the findings of the Commission, and I can well leave any further remarks for my marginal notes on the extracts of the Report, which will be found in the accompanying pages, and which, I trust, will result in the immediate realisation of my ideal—a system of National Physical Education. If further proof of deterioration were wanting beyond the findings of this Commission, which it must be remembered confined its operations to Scotland alone, we have only to turn to a few statistics embodying the whole of the British Isles. Take for instance the birth and death rates. In twenty-two years ending 1898, the birth rate decreased from 36·3 per 1,000 to 29·4, and the increase of deaths among children under 12 months from 149 to 163 per 1,000. On the question of deterioration in the standard of the recruits, of which I have often written, I need only draw attention to the following figures to emphasise my argument that a system of physical education is necessary and imperative. The proportion of men under 5 ft. 5 in. in the army in 1889 was 106 per 1,000, in 1890 it was 115, in 1891, 117, and in 1898, 132. The average number of recruits who were accepted under 8 st. 8 lb. were 159 per 1,000 in 1871, 174 in 1872, 269 in 1898, and 301 in 1900, whilst those of less than 33 in. chest measurement were 17 per 1,000 in 1889, 19 in 1890, 22 in 1891, and 23 in 1898. These are figures for which I am indebted to Mr. George F. Shee, who thus makes out a very strong case for immediate steps to be taken by the Government.

Now that the result of the Commission is made known, showing as it does the requirement of urgent action on the part of the Government, and having regard to the statement made by the Prime Minister that the Government would be guided by the result of that Commission in its treatment of this great national need for the rest of the British Isles, I feel compelled to place these supplementary views before those interested in this momentous subject, and I trust that my humble efforts may have some little weight, whilst any further suggestions or additions to the evidence which I have already offered will be most willingly given by me.

MEMBERS OF THE COMMISSION.

THE RIGHT HONOURABLE THE EARL OF MANSFIELD (*Chairman*).

THE HONOURABLE THOMAS COCHRANE, M.P.

SIR THOMAS GLEN COATS, BART.

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PROFESSOR ALEX. OGSTON, M.D., C.M.

MR. R. B. PEARSON, ADVOCATE, *Secretary*.

The Report of the Commission.	Remarks by Eugen Sandow.
OBJECT OF THE COMMISSION.	
The subject remitted to us by Your Majesty is best explained in the words of the reference contained in Your Majesty's Warrant :— "To enquire into the opportunities for physical training now available in the State-aided schools and other educational institutions of Scotland; and to suggest means by which such training may be made to conduce to the welfare of the pupils; and, further, how such opportunities may be increased by Continuation Classes and otherwise, so as to develop, in their practical application to the requirements of life, the faculties of those who have left the day schools, and thus to contribute towards the sources of national strength."	
WORK OF THE COMMISSION.	
2. We have held 28 sittings for the taking of evidence, and have examined 127 witnesses. In the course of conducting our inquiry in London, we judged it expedient to visit certain schools in the vicinity, with the view of making ourselves acquainted with different methods of training. For this purpose we paid visits of inspection to two London Board Schools, to the Duke of York's School at Chelsea, and to the London Orphan Asylum at Watford. We also saw in the Portsmouth Town Hall an exhibition of physical exercises given by the pupils of various schools. Later in the year we sat in Edinburgh and Glasgow; and visited the Clyde Industrial Training Ship "Empress," and the Mossbank Industrial School at Robroyston, near Glasgow. In addition, we paid visits of inspection—without sending notice beforehand -to six schools in Edinburgh, Glasgow, and Aberdeen respectively.	
3. We have had the advantage of taking evidence from the Assistant Secretary of the Scotch Education Department, Inspectors of schools, members of the medical profession, military officers of special experience, and certain persons qualified to give valuable expert assistance in the subject-matter of our inquiry. We have also had before us members or officials of all the principal School Boards, headmasters or assistant teachers of typical schools of all classes, representatives of the Training Colleges and of the Universities, members and officials of various voluntary agencies, the Chief Constables of Edinburgh, Perthshire, and Roxburghshire and Berwickshire, one of the Sheriff-Substitutes of Forfarshire, the Lord Provost of Glasgow, and other witnesses who had special experience of miscellaneous matters connected with our inquiry.	

The Report of the Commission.	Remarks by Eugen Sandow.
WORK OF THE COMMISSION—*continued.*	
6. Having enquired into the requirements of physical training as a branch of national education, we next considered how far medical knowledge might be used as a guide and ally in this part of the work, and whether adequate use has hitherto been made of the assistance which medical science might afford. We examined and compared the views of experts with regard to the systems of physical training already practised in various schools, and with a view to recommending the general principles upon which such training should be based. We took evidence upon the capacity of the present body of school teachers in Scotland for undertaking such work; the training which was necessary; how such training might be given and qualifications tested; and what amount of expert assistance over and above the ordinary educational staff might with advantage be called in for training teachers, for giving instruction to scholars, or for supervising the system generally and maintaining its thorough efficiency. We made careful enquiry into the causes which were alleged to hinder efficiency, and the reasons for the apathy regarding it which is occasionally found to prevail.	As a general rule, a knowledge of physiology and anatomy is ignored, but it is one of the most essential qualifications of my teachers, who receive instruction in these subjects immediately on arrival in my training school, and who are thoroughly examined in the same before taking any pupils. It is the application of these two important subjects to exercise which has raised my system to its present high standard of excellence. The assistance of medical men would be of the greatest importance in discriminating between the requirements of each individual case, and each child ought to be medically examined on joining a school and periodically afterwards, and placed in a class for physical culture in accordance with his, or her, capabilities and requirements. The causes hindering efficiency and the apathy observed by the Commissioners were, with very little doubt, due to want of proper knowledge of the subject by the teachers. Apathy on this subject could hardly exist when teachers thoroughly understood their work and could convey their interest in it to their pupils.
7. With respect to physical training in its bearing on those above school age, we thought it right to receive evidence from the representatives of various voluntary agencies, and to enquire how their efforts might be encouraged and directed, and how they might best be organised as effective allies in the work of national education.	
II. EXISTING OPPORTUNITIES OF PHYSICAL TRAINING AS REGARDS:—	
(1) *The Elementary Schools.*	
9. We have examined a large number of witnesses, both members of School Boards and school masters, representative of large towns and country districts, with regard to the existing state of matters in these schools. As was to be expected, we found that the opportunities varied in the different districts; but there was a consensus of opinion that the physical training throughout these schools generally was inadequate in quantity and quality.	There should be no question as to opportunities.
10. Some kind of training is given in most schools, owing to the demand in the Code for an "adequate" amount; but this term appears to be taken to mean "adequate considering the opportunities." Most of the witnesses who appeared before us agreed that the subject was of the greatest importance, but its recognition as a prominent branch of a liberal education	This term "adequate" brings us somewhat near to the root of the evil. Adequate, according to the teacher's idea, represents perhaps 30 mins. exercise (?) per week of a promiscuous nature, as against 25 hours brain *work*, the latter being compulsory, the former subject to the child's inclinations. To attain the objects of the Commission there must be (1) an *adequate*

The Report of the Commission.	Remarks by Eugen Sandow.
II. Existing Opportunities, &c.—*continued.*	
appears to be theoretical rather than practical. And this is clearly demonstrated by the amount of time allotted to it in the school time-table. As a rule the pupils receive instruction in some branch of physical training for half an hour a week.	portion of the *day* set apart for physical education, and (2) the exercises rendered sufficiently interesting to the child to form an incentive to exercise.
12. One of the chief hindrances to the development of physical training in these schools appears to be the utter lack of system and the want of qualified teachers. Individual effort and enterprise have done much in certain schools, but we are convinced that a properly graded course of systematic instruction is indispensably necessary. We have elsewhere laid down the general principles on which, in our opinion, any such system should be based.	No stronger argument in favour of my system than the remarks contained in this paragraph could possibly be made. "System" is the feature, "qualified teachers" a *sine quâ non.* "System," as I understand it, means (1) an examination of the children individually before commencing a course of exercise, (2) an even distribution of work to suit individual requirements, and (3) a record to be kept of each individual, giving measurements and results of tests, so that their progress might be noted from time to time, and such changes made as are necessary to bring the weak boy up to the average standard, taking age and condition into consideration. These tests and measurements should be taken once every six months. I would advise these three points upon which, in my system, so much depends, and which, to my mind, are necessary where so large a number of individuals are catered for. Each child reaches a limit of development according to its age. For example, a boy can only reach a certain standard of development at twelve years, but when thirteen years of age can reach a higher standard. This is why a child who is placed at the beginning in a weaker class can, in the course of a very few years, catch up to the boy of his age who was placed in a higher class at the beginning.
(2) *Industrial Schools and Reformatories.*	
15. We were informed that at eighteen out of twenty-three of these institutions for boys either free or applied gymnastics were taught; and at the remainder, some form of physical training. At the twelve schools for girls, instruction was given in physical drill, swimming, dancing, and free gymnastics.	The methods of exercise at these schools is certainly an advance over that practised at elementary schools, but gymnastics, as generally understood, I am not in favour of for young children. Free gymnastics, if *systematically applied*, is a step in the right direction, but here lack of system creeps in, for there is that absence of concentration.
17. On a consideration of the evidence, we have come to the conclusion that, with very unpromising physical and moral conditions and previous training, an immense deal has in such institutions been done by a system properly applied and vigorously pursued on a scientific basis.	
18. The experience of such institutions clearly shows that physical training is quite as important in fitting boys for civil life as it is for boys intended for the Army or Navy. And	

The Report of the Commission.	Remarks by Eugen Sandow.
II. Existing Opportunities, &c.—*continued.*	
the case is not different with regard to the girls. We were informed that in consequence of systematic training on somewhat unpromising material, fully eighty per cent. turn out well. One benefit, out of many, appears to be that the girls show not only greater amenability to discipline, but an increased alertness in movement and apprehension, with the practical result that they are enabled to obtain better situations in domestic service.	
(3) *Training Colleges.*	
23. A subject of the first importance in considering this question generally is that which relates to the opportunities for physical training available for the teachers of Scotland.	
24. The Training Colleges have, we believe, for some time past given some instruction in drill to the male students. Up till 1901, drill, though often taken, was not a necessary part of their curriculum; not being included in the Education Department's scheme of examination for certificate, it was regarded more or less as an extra or voluntary subject, to be taken as the exigencies of other subjects allowed. In 1901 the Department undertook a reconstruction of the Training College curriculum, and in that curriculum physical exercises and drill have become necessary subjects in which reasonable proficiency will, in ordinary cases, be expected as a condition of the issue of a certificate.	Drill as a means of improving the carriage of the body and imparting a very slight knowledge of military tactics, is excellent. But does it go to form a general improvement of the adult's physique? No. Physical exercise for the teacher is as essential as for the child, but for it to form part of his or her qualifications as a teacher is, I think, a slight mistake. Would it not be better were one large Training College established for the imparting of instruction to teachers of Physical Culture alone, who in their turn would teach physical culture only.
26. We were glad to hear that some lectures were given on Physiology, Hygiene, and the Laws of Health; and we would here point out how important we consider it to be that those who are about to become members of the scholastic profession, and particularly those who are to teach physical exercises, should themselves be thoroughly instructed in such subjects, so as to give to the children under their charge such instruction therein as may usefully supplement their practical physical training.	This merely bears out my remarks to para. 6.
(4) *Higher Class Schools.*	
29. There has been presented to us a considerable body of evidence with regard to the existing state of matters at the Higher Class Schools. We have examined the headmasters of several typical day and residential schools.	
31. In many of the Higher Class Day Schools there are considerable facilities provided for physical exercise and instruction. Drill and gymnastics, free and applied, form a regular	

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part of the school curriculum, and, as such, are taken in school hours.

32. The amount of time *per* week allotted to these subjects varies from one half-hour in some instances, to one hour and a half in others; but in nearly all we found that as the pupil advanced he received less instruction, in consequence, as was testified to us, of the pressure of other subjects.

37. With regard to the Higher Class Day Schools generally, the evidence seems to show that in the case of many of these schools the subject of systematic physical training did not receive sufficient attention or recognition, and that the time devoted to it was inadequate. We are satisfied that this view is well founded, although we recognise that latterly there has been an advance in public opinion.

Here, again, are forcible statements, showing how the welfare of the body is being sacrificed to the acquirement of knowledge, entirely regardless of the physical constitution of the body. If more time were given to physical exercise the body would be stronger and healthier, and the mind would, as a natural result, be quicker to acquire knowledge.

40. On the whole, whilst we are generally satisfied as to the efforts which are being made, we recommend that more time should be given to the subject. We consider that a necessary element in the liberal education of every citizen is a sound system of physical training, and that even where games are freely pursued, there ought to be in every Higher Class Day School a course of systematic physical training, including gymnastics, drill, swimming and the like. For this purpose we consider that proper arrangements and facilities should be provided, and also that instruction should be given in Hygiene and Physiology. It is most important that the pupils should not only have mastered the practical part of the training, but that they should understand something of the theory upon which it is based.

My remarks on para. 6 and para. 12 are here again fully endorsed.

41. Not only is the theoretical education the proper and essential supplement to physical training, but we believe that if such instruction, in its relation, for example, to the Laws of Health, became a necessary and prominent feature in all schools, the general diffusion of such knowledge would gradually effect far-reaching improvements in the social, physical, and moral conditions of the population.

42. Several of the witnesses here, too, have laid special stress on the high value of games, as being not only recreative, but truly educational.

43. We fully appreciate these advantages, which have been admirably stated to us, and we recognise that they are one of a number of means towards proper physical training which should receive adequate encouragement. At the same time, as the evidence shows, it is most desirable that games, even when conducted

As I stated before the Commission:—"I "should not recommend any system of exercise "of physical culture to take the place entirely "of games, or *vice versâ*. To dispense with "the former would be injurious to the health "of the children, to dispense with the latter "would be to take away the recreation and

The Report of the Commission.	Remarks by Eugen Sandow.
II. Existing Opportunities, &c.—*continued.*	
under the most favourable conditions, should be supplemented by a systematic course of training. Without such training there are certain dangers and defects which are inseparable from games. A boy is naturally inclined to play the games he likes best, and perhaps thereby leaves undeveloped that portion of his body which requires most attention. On the other hand, the systematic physical course provides for the proper all-round physical development of such a boy; and it meets the case of those who, from weak health, from physique or like cause, shrink from taking part in the great school games. As a fact, this has so impressed the school authorities that they have already arranged, besides the opportunities for games, that there shall be provided courses of drill, gymnastics, rifle-shooting, cadet corps, runs, swimming, boxing and fencing, and other means, not merely of supplying outlets for physical activity, but systematic physical development. Besides the benefit to health, obedience, self-respect, and physical morality are promoted; and, briefly stated, there is abundant testimony to prove that a comprehensive and well-considered physical training is of material importance in the production of good results, physical, mental, and moral.	"diversion from work provided by games; in "short, it amounts to any 'physical culture' to "be taken seriously and systematically, and "games as a recreation and a complete change "from work." Supervision and encouragement are necessary as there is naturally a tendency in weak boys to avoid games requiring much effort. This should be kept up until the weaker boys have become so developed by physical culture that they are enabled to take their places with the stronger boys, and be able to enter into the more strenuous games and sports. Their fitness for advancement should be determined by a competent authority who would classify the boys according to their physique. This restriction and classification would make the boys ambitious to so develop themselves and advance from the lower classifications and be able to excel in the feats and games requiring more perfect health and better physical development. This gradual development and advancement of the weaker boys would obviate the danger of straining the internal organs and overtaxing the strength, which up to now has been the ruination of so many young Englishmen engaging in the violent national sports and pastimes.
44. On the whole, we are satisfied that the residential schools are alive to the importance of physical education, and that their authorities are conscious of their duty in this matter to the parents and pupils in providing proper facilities and ample opportunities. By our appreciation, we desire to encourage them in the valuable work they are performing, and to remind them that, endowed as they are with many peculiar advantages for the furtherance of this branch of education, they should make it their aim to be an object lesson to the other educational institutions, and that in addition to games they ought to include in physical training a certain amount of systematic exercises and drill.	
(5) *Universities.*	
45. With respect to the Universities, we are strongly of opinion that the evidence discloses a lack of physical training which calls for some remedy, and which gives rise to serious regret.	One can understand the child, from lack of knowledge of physical requirements, neglecting that portion of its education unless put to it, but it is surprising to find adults so stigmatised.
50. One of the chief difficulties again alleged is the lack of time. It has been represented to us that not only have many of the students no time for physical exercise, but many are unable to get their meals properly or at reasonable hours. The difficulty of finding sufficient time	The old story—"No time," whereas if they only knew it, a few hours per week of sound systematic exercise would save them time incalculable, for it would brace them up and enable students to get through their work quicker and better.

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II. Existing Opportunities, &c.—*continued.*

appears to be due to the students being unwilling to sacrifice any period of the day to physical culture, and also to the fact that the authorities find themselves obliged to arrange the classes closely together, in order that the University course may be taken within the minimum of time, and that each session may be brought within the present limit of rather less than six months. It is increased by the over-pressure of study, owing to the students being constantly in preparation for some kind of examination, for which the keen competition at present existing is largely responsible. So long as the progress and capacity of students continue to be tested only by the narrow and unsatisfactory criterion of written examinations, we fear that this cause will continue to be a deterrent.

51. But there is also neglect on the part of the students themselves, due to ignorance as to the necessity for taking physical exercise, and to the feeling that it is only a waste of time. Under the force of circumstances, they appear to find it necessary to pay such exclusive attention to their book work, or rather to the somewhat restricted task of preparing for examination, that in the pursuit of what they conceive to be ment l development, they neglect the rules of health, and the cultivation of that physical energy which is essential to real success in life.

52. No doubt this partly arises from the fact of many of the students having received no prior training, and this defect has been attributed, in a large measure, we think, rightly, to a lack of a proper appreciation of the subject in the schools, primary and secondary. If a boy's training at school has been one-sided and imperfect, it is not surprising that, never having been taught to regard physical exercise as necessary or desirable, he neglects it when left to his own devices at the University. Some witnesses of large experience strongly favoured the view that physical training in the Universities should be made obligatory.

53. One witness put the whole case for compulsion very forcibly :—"I think many of them would be a great deal the better for having a certain amount of physical exercise forced upon them. They go through their examination well, perhaps as the result of the extra time they are devoting to their studies, on account of their giving no time at all to physical exercise ; but the ultimate outcome of it is not satisfactory—the final discipline of the man and his fitness for his ultimate life-work has been impaired

Remarks by Eugen Sandow.

The apathy of parents in not insisting upon this particular is here observant, as is also the fact that the University authorities have not discovered how much some attention to physical requirements would assist in the mental capabilities of the students.

The charges of neglect and ignorance are hard ones to place at the door of the student, but have only been so placed by the Commission after mature consideration, and are fully warranted.

The root of the evil, as I have said before. "Train up a child, and teach it to look after the welfare of its body," is my motto. Certainly, compulsory physical training here would not be too drastic a measure—that is, until the present race of students gives way to those who have been properly brought up to see the value and necessity of such a course.

If parents would select for their children such schools only as paid proper attention to this very important subject, they could very quickly make it compulsory in this sense, for all principals of proprietory schools give their attention in this direction.

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II. Existing Opportunities,	&c.—*continued.*
by it, and one can easily point, in any Scotch University, to lads who afterwards suffer from not having taken sufficient physical exercise. They may have taken very high places in the University, but they have left it worn out physically and mentally, and fit for nothing strenuous in the battle of life."	
54. With the grounds of that opinion we entirely agree; but we deem any obligatory course to be at present both impracticable and inexpedient. We rather desire to draw the attention of the University authorities to what we conceive to be one of the necessities of education, especially in view of the probable general development in the near future of physical training throughout all educational institutions.	I regret the Commission could not see their way to make physical training in the Universities obligatory, for I agree thoroughly with Professor Hay's opinion, which is quoted, and who furthermore stated: "I hold that compulsory physical training in the Scottish universities would not be a hardship on p·or industrious students who aim at the highest University distinctions. That is my deliberate opinion. I think many of them would be a great deal the better for having a certain amount of physical exercise forced upon them. They go through their examinations well, perhaps as the result of the extra time they are devoting to their studies on account of their giving no time at all to physical exercise; but the ultimate outcome of it is not satisfactory—the final discipline of the man, and his fitness for his ultimate life work has been impaired by it, and one can easily point, in any Scotch university, to lads who afterwards suffer from not having taken sufficient physical exercise. They may have taken very high places in the University, but they have left it worn out physically and mentally, and fit for nothing strenuous in the battle of life."
58. We are compelled to report that the evidence laid before us brings out in the strongest light the grave fact that the physical education of the University students in Scotland is neglected; and we strongly recommend to the notice of the authorities the foregoing suggestions.	My remarks to para. 51 may here apply.
III. Proposed Remedy and	Means of Encouragement.
64. Convinced as we are of the inadequacy of the present physical instruction which is given in the State-aided schools as a whole, we have next to consider what remedy may be proposed.	
66. The remedy, we believe, is to be found in an improvement in the curriculum of the schools. The idea must be abandoned by teachers and managers alike that the best curriculum is that which is most varied and comprehensive. We have repeatedly been informed by teachers who gave evidence that the real objection to increasing the time allotted to	How I trust these remarks of the Commission will be taken to heart by all who think that learning is the only essential to the well-being of our nation, and that legislation may insist upon a sweeping and drastic remedy.

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III. Proposed Remedy, &c.—*continued.*

physical instruction lay in the excessive demands of the Code. But none of them was able to show that the imperative demands of the Code were excessive or could be reduced, nor could they show anything in the Code which encouraged a multiplicity of subjects. It was asserted that, even although the Code did not make such demands, the idiosyncrasies of individual Inspectors operated in this way, and that teachers could not hope to obtain a good report if they did not show proficiency in a variety of subjects.

67. The difficulty arises very largely from the prevalence of long-continued habit and antiquated views on the part of school authorities, teachers, and parents. While we found on the part of all the witnesses a perfect readiness to admit the importance of physical training, we found hardly any who had accustomed themselves to think of it as deserving anything more than an infinitesimal portion of school time. The period allotted to it sometimes fell to a quarter or half an hour a week, and very few teachers considered it possible to allot as much as two hours a week to it, or, indeed, appeared ever to have contemplated the possibility of such a thing. The real educational problem is, not how many subjects can be pressed into a curriculum, but how the nine available years can be best spent, so that no essential part of the equipment for life is entirely overlooked.

74. We have no wish to interfere with the Industrial and Reformatory Schools, and similar institutions, and we believe that no suggestions as to physical training are necessary in their case. But undoubtedly they offer advantages which are not open to many who recognise their parental responsibility. We have no wish to suggest anything that may impair the sense of that responsibility, which is a valuable national asset. But the question remains—do our Elementary Day Schools give as many of the advantages of these institutions as if properly organised they might embrace? Have these ordinary Elementary Schools not tended rather in the direction of a lop-sided curriculum, which takes little, if any, account of some essential element in the training of a good citizen? Nine years of the life of each boy and girl must be spent in these schools. Are these

Remarks by Eugen Sandow.

Some very important points are here raised. The British, in the matter of reform, are what is known as "conservative," but they are really pessimistic. It is to be hoped, however, that school authorities, teachers, and parents will now see the folly of their ways and accept physical training for their children as absolutely essential. The remarks by Mr. T. D. Savill, M.D., given before the Commission, are well worth considering. He says: "Physical education is as important as intellectual—if not more so—since the intellect cannot be employed unless the physique be healthy; therefore physical, like intellectual, education should be made complete and compulsory. I hold very strongly that a thorough physical training implies and involves also a training for the character and for the mind. Better work is done by the mind after physical education, and the mind ultimately becomes more disciplined, and in general respects stronger by the teaching of the co-ordination and co-operation of the various parts of the body, and of various individuals with one another, and therefore physical, like intellectual, education should be made complete and compulsory."

And I would to these excellent and pertinent remarks add, that it would have a great beneficial effect on the moral aspect.

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schools so arranged that they shall take a large place in the life of the children during these nine years; shall be to them places attractive as well as instructive; shall disregard no one of the faculties essential to fit them for their work in after life; and shall eventually turn them out with an adequate intellectual, moral, and physical equipment?

75. We fear that the answer in the case of a great many of these schools must be in the negative. This is due to no fault on the part of the teaching staff. They are called upon to put the children through a certain course of training. They feel compelled to follow certain fixed habits, and to conform to cetain deeply-grounded conceptions of school work. They have not been permitted sufficient freedom of method in the past, and they seem unwilling or unable now to assume it.

76. In many of the better class Elementary Schools this produces no very harmful results. The children are well looked after at home, and they can very well devote to strictly scholastic work the hours of their school attendance. But it is not the case with the poorest schools—or, indeed, with the majority of scholars. We were struck by the fact that, in the large towns, the schools in the poorest localities were those which had fewest advantages as regards physical training and recreation opportunities. It is above all for these schools that we think a very elastic curriculum is absolutely essential, and that, at least during the earlier part of the school life, the physical and recreative part of education is as valuable as anything of the nature of book work or brain work, and should bear a proportion to the rest of school life quite different from that hitherto assigned to it. We believe that by this means the school would become a centre of attraction; that it would take a larger place in the life of the scholars; that it would leave a deeper impression and play a larger part in their moral and physical training; and that, even with this restriction of the time allotted to them, the purely intellectual results in the pupils at the end of their school time would not only not be impaired, but would be greatly enhanced.

77. For this purpose we recommend that while a minimum of at least two hours a week, properly distributed, should be required in the case of all school children, school authorities should be at liberty, when circumstances seem to render it expedient, to assign any proportion of time which they think fit up to one out of every two school openings, to physical exercises

Note how the Commissioners differentiate between physical education and *book work*. This I wish to strongly emphasise, as whilst some are or were of the opinion that my system called forth an effort of the brain, it must be clearly understood that the call upon the brain is of an entirely different character.

Now, on the one hand, in "bookwork" the call upon the brain compels it to retain and memorise much, while in the case of concentration upon the exercises, the call upon the mind is in the nature of dictation or command over the muscular and nervous systems of the body. By means of this dictation or command the individual gets more strength, self-control and will power over his own system, and at the same time he makes stronger and healthier the machinery which supplies the brain with the blood which is wasted in doing this bookwork. I may mention that in a person with a healthy body, 25 per cent. of the blood supplied in his body is used up by the brain worker. Now if a person is a brain worker, and he neglects his body or the machinery which keeps his brain going, he is unable to supply the brain with the necessary healthy food in the form of blood, so necessary to enable it to improve and properly carry out its work.

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on an improved system, games carried on under proper supervision, or occupations, also under proper supervision, of a more or less recreative character. Where weather permits it, the physical exercise or games should be conducted out of doors. Where this is not possible, they should be carried on in a gymnasium or recreation hall.	
81. We are convinced that larger accommodation for physical and recreative training is required, but we see no reason why it should lead to lavish expenditure.	Very little outlay is required for the complete equipment of my system.
82. We think that at present many of the children are too long confined to the atmosphere and surroundings of the school-room. We are convinced that they would be benefited by being occupied for four or five mornings or afternoons in the week in physical exercises.	
V. Existing Physical	Conditions.
96. Of the various factors underlying the Reference in Your Majesty's Warrant, not the least important is an enquiry into the exact state of the children in the State-aided schools and other educational institutions of Scotland, who constitute the material to which physical training may be applied, in regard to their need of it, their fitness to benefit by it, and especially the numbers and classes amongst them who, from impaired health, or bodily or mental defects, call for exceptional precautions in its application to them. On this section of our enquiry the evidence placed before us was found to be deficient; for though opinions were freely tendered, proved facts were few, owing to the great labour entailed and special skill called for where measurements and observations upon which statistics could be based had to be made. We therefore took steps to obtain some exact evidence in detail from examinations specially conducted, which, as will be seen lower down, has produced very valuable information.	
99. Of especial value was the statistical evidence, bearing specially on our enquiry, supplied by Dr. Francis Warner, the most important Tables of which appear in the Appendix to our Report. They supply information regarding the measurements of American children of school ages, which were compiled by Dr. Bowditch, of Massachusetts, from Boston schools, and also an extensive, accurate and valuable series of statistics concerning various matters dealing with the nutrition and the mental and physical condition of 100,000 boys and girls in English schools. They are worthy	These figures, as showing deterioration and the urgent need for physical culture amongst school children, may well be left to speak for themselves, as may also those dealing with the recruits.

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V. Existing Physical Conditions—*continued.*

of a careful study, but it is sufficient here to say that among the most striking facts which they reveal are that 3 per cent. of the whole were delicate or badly nourished, and 7 per cent. were mentally dull. One of Dr. Warner's Tables embraces 50,000 English, Irish, and Jewish children, and shows a percentage of Low Nutrition varying between about 4 to 6, and of mental dulness varying between between 6 and 14, Irish children being 50 to 100 per cent. (approximately) worse than English or Jewish children, who stand nearly equal. Dr. Warner's Tables further show that of 50,000 London school children, 239 were cripples, or 0·47 per cent.

100. Lieut.-Col. W. G. Don, A.M.S., supplied us with information, showing that out of about 12,000 recruits examined for the Army, over 31 per cent. had to be rejected for diseases or defects, and as these figures refer to young men not very much over school age, they were considered as sufficiently germane to our enquiry to be preserved among the statistics bearing upon it.

121. An affinity exists between conditions of nutrition and health of body and mind on the one hand, and measurements of height, weight, and girth on the other. We are supplied with data regarding the latter in Tables X, XI, and XII of Aberdeen, and in Tables IV, V, VA, and VB of Edinburgh, and they present a general correspondence with the incidence of the former which we have just discussed. The Edinburgh children are, throughout, much below those of Aberdeen in height and weight, and that to a somewhat startling degree. Perhaps the matter may be most readily focussed by saying, that while the Edinburgh adult man is 1½ (1·56) ins. taller, and 12½ (12·7) lbs. heavier than the adult male Aberdonian (Report of the Anthropometric Committee, Table III), the Edinburgh average school child is 1·35 ins. shorter, and 4·97 lbs. lighter than the Aberdeen school child. This shows a serious deficiency somewhere in Edinburgh. The Aberdeen child (and both sexes and all ages from six to fifteen are included in all these computations) is 0·07 ins. taller than the average British child, but weighs 0·63 lbs. less. The British child stands 0·86 ins. less, and scales 2·3 lbs. less than the American child. The Edinburgh child is the worst of all four, being 1·28 ins. shorter, and 5·61 lbs. lighter than the British standard.

125. Our attention was directed to the subject of progressive deterioration of the town

There can be no doubt that systematic physical training is the only way to raise the

The Report of the Commission.	Remarks by Eugen Sandow.
V. Existing Physical Conditions—*continued.*	
inhabitants of our islands by a section of the Report of the Anthropometric Committee (§§ 65, 66) and by the evidence of Mr. James G. Legge, and others. The figures and facts bearing upon it are few. We are not called upon to arrive at a decision as to whether or not there exists a progressive deterioration of the slum population of Great Britain or of the inhabitants of its large towns as a whole. It is enough that we find, by comparing the statistics of Aberdeen and Edinburgh, and quite as much by comparing those of the better with the poorer schools in Edinburgh itself, evidence that, whatever may be the case with the population as a whole, there exists in Scotland an undeniable degeneration of individuals of the classes where food and environment are defective, which calls for attention and amelioration in obvious ways, one of which is a well-regulated system of physical training.	standard of the poorer classes, morally as well as physically. "A healthy body begets a healthy mind."
128. In analysing these reports, attention naturally turns in the first place towards any signs that may indicate the degree of vigour of growth possessed by the Scottish child, and one point only among those that they contain can, we conceive, be used as a means of measuring this—viz., the date at which the teeth appear above the gums. The successive eruptions of the various teeth are the milestones, as it were, by which nature marks the progress of the individual's struggle towards the attainment of full growth. Contrary to what might have been anticipated, the children of Edinburgh are ahead of those of Aberdeen in this respect, exhibiting a percentage of only 7·45 of delayed dentition, as against 18·7 in the latter city. We do not obtain any explanation of the strange fact that the Edinburgh child, in the race towards maturity, is ahead of his taller and weightier brother in Aberdeen. Possibly it may be connected with the well-known tendency, witnessed both in plants and animals, of an individual living under conditions adverse to his survival in the struggle for existence, to hurry through the stages of a short and stunted life towards a precocious brief period of maturity.	
132. The great prevalence of nose and throat disease is of importance. About one-half of the cases of throat disease were naso-pharyngeal adenoids, which impede physical development, retard growth, produce mouth breathing and the dangers which it entails, and lead to deafness and ear disease.	Most essential is nasal inhalation, and it is one of the things which figures largely in my system.
133. Although lung diseases furnish a comparatively small percentage, yet their total, as inferred from the results of the limited number	Here again a feature of my system, viz., individual medical examination, is laid great stress upon. It is most essential that children suffer-

The Report of the Commission.	Remarks by Eugen Sandow.
V. EXISTING PHYSICAL CONDITIONS—*continued.*	
of children examined, must be very considerable, and their very serious import is familiar to every one. Dr. Mackenzie states that they alone prove the need of systematic medical inspection, as he found children suffering from phthisis undergoing serious physical exercises even in the best of the Edinburgh schools which he examined.	ing from weak or damaged lungs should have their exercises very much modified according to requirements, and my breathing exercises, as results prove, are the finest remedy for such complaints.
134. Heart disease, whose grave consequences are well known, was found in a relatively small, but absolutely large, number of cases.	Heart disease is an ailment which is most difficult to deal with, but some astonishing results have been brought about under my system. Of course, constitutional weakness does not lend itself to exercise.
137. The next subject that calls for comment is the class of diseases which, while not so much menacing the life of the individual child, interfere seriously with his capacity for receiving mental, and likewise impair his power of acquiring physical, training. These are diseases of the eyes and ears.	Diseases of the eyes and ears are in many cases the result of want of systematic exercise to strengthen the nervous and build up the muscular system.
140. Last among the classes of disease concerning which we are provided with data by the Examiners are those physical disabilities which, interfering little, if at all, with mental training, yet form a factor in the inquiry into physical training which we should not be justified in overlooking.	*Vide* my paragraph of evidence: "Special note should be taken of weak children or those suffering from curvature or any other physical peculiarities—curvature, by the way, being very prevalent amongst school children of to-day, owing to the incorrect positions adopted while at their desks, lack of systematic exercise, and thoughtlessness of parents in their methods of carrying the children when young. The Sandow system at present consists of twelve different series of exercises, all of which are applicable in some form or other to children. On entering the school or commencing a course of exercise a child should be examined and scale of work allotted to suit its condition, the exercise being increased and varied from time to time in accordance with the progress made."
Such are deformities—congenital and acquired—ruptures, rickets, and the like.	
141. We learn that in Edinburgh there were 10 cases of acquired deformity, or 1·67 per cent.	
142. In Aberdeen we are informed that there were 5 cases of hernia, 2 cryptochides, 2 flat-feet, 4 curvatures of the lower limbs, 7 cases of rickets, and 1 badly united fracture; 21 in all, or 3·5 per cent.	
143. Relatively these numbers are small; but if the same average be maintained, they will amount to 500 cases in Edinburgh and 875 in Aberdeen of children requiring "special care" in physical training. If to these be added the 4.33 per cent. of heart and 3 per cent. of lung cases in Edinburgh, and in Aberdeen the 1·0 per cent. of heart and 1·8 per cent. of lung diseases, and perhaps the bone and joint diseases as well, the total will work out above Dr. Warner's estimate for England of 0·811 per cent. of special care children.	
148. We are impressed with the weight of the evidence here set forth in regard to the number of children in Scottish schools—in the aggregate a very considerable quantity—whose conditions of health warrant us in drawing particular attention to the precautions that it is necessary to take in perfecting a system of physical training. Foremost among such precautions we hold that provision should be made for regular medical inspection of the children in all schools.	I have already laid great stress on this most important point.

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VI. Medical Inspection.

150. The defects to which we have alluded in connection with the medical data now available point to a very serious defect in our school organisation to which we desire to call special attention. This consists in the absence of any general or adequate system of medical inspection. Such a system is urgently demanded mainly for remedial objects, but also in order to make available information of the highest value both for ascertaining the facts of national physique and the means that may be adopted for its improvement, or for retarding such degeneration as may be in progress.

151. It is impossible to get beyond mere guesswork except by a steady and continuous collection of facts, and the only feasible way of getting at such facts is by weighing and measuring and carefully estimating the conditions as to health or disease, and the development and growth or decay of school children. It is only at this age that a complete examination of the population can be obtained; and for the pupils themselves, as well as for the nation as a whole, it is of vital importance, as is shown in Part V, page 21, of our report, that this opportunity should not be lost.

My method of measuring, weighing, and testing the child physically, together with a medical examination, would meet these requirements. I always insist on all who come to my schools for a course of instruction being carefully measured and weighed, and their physical condition tested, so that we may know exactly the amount of exercise the pupil is able to undergo to bring about the desired result without detrimental effect.

152. We feel convinced that some of the prevailing defects in health and physique might be very materially mitigated, if not removed, by a little timely attention, and by the careful inculcation of some simple rules of health and of the proper means of conserving physical strength and of developing physical faculties, which are now too often completely neglected or ignored. These must be taught early, if they are to become matters of habitual practice.

"Train up a child," &c. Teach him the necessity of hygiene and physical culture and half the battle is over.

153. We think that sanitary inspection of a thorough and careful kind beyond what exists at present is called for. This is urgently necessary in regard to a matter to which we think it right to call special attention, viz., the too frequent neglect of the proper ventilation of schoolrooms. It is often found that, even in large and well-constructed rooms, the atmosphere is allowed to get into a condition that must be detrimental to health, and this is much more marked where the schoolrooms are inadequate to the attendance, and where they are not provided with proper means of ventilation.

Fresh air, cold water, and exercise, in my opinion, go to make the great essentials for perfect health, and these there can be no denying.

The Report of the Commission.	Remarks by Eugen Sandow.
VII. FEEDING.	
161. We consider that the question of the proper and sufficient feeding of children is one which has the closest possible connection with any scheme which may be adopted for their physical, and equally for their mental, work. It is evident that among the causes which tell against the physical welfare of the population, the lack of proper nourishment is one of the most serious. The subject demands special notice, not only as regards the existing state of affairs, but still more in view of any increase of physical training throughout the State-aided schools which may commend itself.	Plain and regular feeding is very essential, as every one knows.
162. A large number of important witnesses, members of the medical profession, inspectors of schools, representatives of School Boards, teachers, and others, were questioned on this subject. They were unanimously of opinion that it was most desirable that increased attention should be paid to the feeding of children attending the State-aided schools. We entirely endorse that opinion, but, before indicating the course which we recommend, we think it right to point out some of the difficulties surrounding the general question.	
Unless children receive sufficient nourishment, they cannot be expected to profit by the mental or physical training provided for them.	
VIII. A NATIONAL SYSTEM OF PHYSICAL TRAINING	
175. The introduction of a fully-organised system of physical training into the State-aided schools of Scotland involves a new set of conditions and new methods of dealing with them. Unlike mental training, physical training has not been formed into a well-arranged system by the results of centuries of experience. Springing up in recent years, it has elicited a series of systems and theories, each of which is as yet imperfect or insufficiently tested. At the point which we have now reached these have to be sifted and analysed, so that out of each may be selected that which has most approved itself; and the defects of each have to be avoided, if the youth of the country are to receive the fullest benefit of an improved physique, and if harmful results are not to ensue. It is admitted that physical training may, if unsuitable or badly taught, be injurious to the young, that some exercises are unfitted for both sexes at certain ages, and that special weaknesses or defects may be aggravated if exercises are improperly carried out; but, on the other hand, even weakly or ill-formed children may receive the greatest possible benefit from physical training carefully devised.	There is not much in the Commissioners Report with which I disagree, but I think in one instance at least the term insufficiently tested is scarcely warranted. My own personal experience of fifteen years conveys little if it were not for the existence of my schools all over the world.

The Report of the Commission.

VIII. A National System of Physical Training—*continued.*

176. The various systems brought to our notice are as follows :

(1) Swedish.
(2) German.
(3) Swiss.
(4) French.
(5) American.
(6) Sandow's system, valuable as it is stated to be for adults, involves an amount of concentrated attention which does not recommend it for the use of children ; but some of the movements, notably the breathing exercises, as we saw them practised at the London Orphan Asylum, produce very good chest development, and may well be incorporated in a model system.

177. *A system of military drill*, pure and simple, is, of course, unfitted for small children. Some kind of drill, however, must of necessity form the basis of any training applied to a number of persons, whether adult or young, in order to move them, or to exercise their limbs and bodies, in concert.

178. A number of *Manuals* of school exercises, used in different schools in England and Scotland, have been brought to our notice, and they contain much that is valuable.

Remarks by Eugen Sandow.

As everybody knows who has practised my system, and it is in almost general use the wide world over, it can be applied with equal advantages to the adult and child, but it is to the child that I would like it to apply more particularly. Hence my present system of exercises for children, which is the outcome of a life's study, and of the success of which the children at the London Orphan Asylum are so excellent an example what concentration is. It would appear from the marginal note that the objection laid in the first portion of the recommendation is due to the statements made by Colonel Fox, whose evidence in this respect is somewhat conflicting. He was evidently basing his statements on the idea that what I prescribe for adults would necessarily be the same for children. Colonel Fox has had little or no experience of the physical training of children ; his experience commences with the youth of, say, eighteen, and this youth is going through a *compulsory* course of physical training. To attempt to draw a line between the exercises set for this said youth and the child of four years and upwards is obviously incorrect. I would refer the reader to Colonel Fox's letter, which is included in the Introduction.

Coming to that portion of the recommendation which speaks so favourably for the principles of my system, viz., the breathing exercises, I feel it my pleasurable duty to point out to all those interested, that the greater part of the Sandow System as applied to children is composed of breathing exercises ; in fact, it is the basis upon which the whole thing is worked. The Commission has accepted these as the groundwork of a model system, and by so doing has really made the first portion of their comment rather of the nature of an anomaly, for the results of breathing exercises as seen by them and of which they speak so highly are the outcome of concentration and nothing else.

I am opposed to military drill for young children. Physical exercises carried out properly contain quite sufficient of the drill element. The object of military drill is purely and simply effect. In addition, concentration under these conditions is conspicuous by its absence, and, even if concentration is brought to bear on military drill, it can only produce something which gives pleasure to the onlooker.

The Report of the Commission.	Remarks by Eugen Sandow.
VIII. A National System of Physical Training—*continued.*	
179. The skilful selection of the best methods from all the above, so as to obtain a system capable of being modified to meet the needs of (*a*) the very young, (*b*) the boys and girls between nine and twelve, (*c*) the boys over twelve, (*d*) the girls over twelve, and (*e*) the weaklings, delicate, ailing, and deformed, demands the most careful and practical consideration.	
180. To this end we recommend to the Education Department for Scotland the appointment of a Committee, which should include persons specially conversant with educational questions as well as others well acquainted with the various systems of physical training (including some who have studied what is most suitable in the case of girls), and medical experts, who shall, under the auspices of the Education Department, prepare a model course containing exercises adapted to the requirements of the differently situated schools, and the different ages, sexes, and conditions of health of the school children in Scotland.	
181. In making this recommendation we have no desire to evade the duty of defining what we believe should be the groundwork of a National System, viz. :—	
(1) Physical training should be regarded as of equal importance with mental training.	Points I tried my hardest to drive home to the members of the Commission, and which I have always maintained as essentials for the welfare of the nation.
(2) During school life physical training is quite as important for girls as for boys.	
(3) Systematic physical training is necessary both for country and town children.	
182. The daily walk to school is exercise, but not exercise which develops the body as a whole, or counteracts the liability to stoop, to be round-shouldered, or to be slovenly in gait. Moreover, all children during school life must spend many hours with little change of position, the effects of which can only be corrected by systematic physical exercises.	
183. It should aim at the healthy development of the body as well as of the mind, by the regular development of all the muscles, the quickening of intelligence and activity, and the formation of habits of prompt obedience, precision, smartness, and discipline. The exercises should not be for mere display or entertainment, but each should have its particular purpose and value to duly develop all parts of the body.	A proper system of physical culture will accomplish this. I have ample proof of it from school children all over the world who have adopted my methods.
184. A certain amount of physical exercise once a day or oftener is preferable to an even greater amount at longer or irregular intervals.	Regular exercise is most essential.
185. Music should be introduced, but it should be clearly understood that, except in the infant classes, no music is to be used until the scholars have fully mastered the exercise without it.	With the first portion of this recommendation I do not agree. Music detracts from the exercise, which should be the only thing thought of for the time being. "Waving the arms

The Report of the Commission.	Remarks by Eugen Sandow.
VIII. A National System of Physical Education—*continued.*	
There was some conflict of evidence on this point, but this, we think, is the sound rule to lay down. Waving the arms about in good time may look well enough, but without precision the real value of the exercise is lost. This is sure to be the result, unless each exercise be learned without music.	about" in aimless fashion even to music is no good for the physique. No ; start without music and finish without it. The mind should be concentrated upon the muscles which are brought into play. With music the mind would be detracted and the exercises would become mechanical, and for this reason only, slight, if any results, would be obtained. There must be "drill" with carbine or rifle exercises, and to this my remarks on para. 177 apply.
186. We deprecate the use of rifles or carbines for boys under fourteen. Many boys can use the latter without ill effects, but the advantages of exercising boys with such weapons do not outweigh the risk of injury to some boys. Besides the use of the usual light dumb-bells and clubs, sufficiently good results can be obtained with light staves or dummy guns.	
187. Applied Gymnastics, *i.e.*, gymnastics with fixed apparatus, may be considered as outside the necessary curriculum of physical training in elementary schools, but they need not be excluded from schools where the teacher desires to introduce them and where efficient supervision is assured. For older boys they form a good safety-valve for working off superfluous energy, and, if made popular, are attractive to many who might not otherwise be induced to take sufficient healthy exercise.	Applied gymnastics I have already dealt with.
188. Games are very useful, and certainly ought to be encouraged, but they cannot be played by all children, and usually the weaker go to the wall ; in other words, those most in need of systematic development are excluded. Games, in affording opportunities for violent exercise, are useful for the development of reserve strength, and form an admirable field for the cultivation of social and public spirit. We strongly favour their organisation and development at all schools ; see *supra*, Part II (1), § 14 ; and Part III § 86.	No one would think of keeping children from games. Physical culture, in comparison with games which are optional, should be part of the educational curriculum, and should count as such. Games should be considered solely as a means of recreation for children, and no boy should be allowed to engage in any violent games or sports until he has reached a certain standard of strength, externally as well as internally.
189. It is unnecessary to enumerate the games that are suitable for boys, but it may be noted that, in addition to regular games, country runs, leaping, and dancing the Highland fling have been recommended to us ; and for girls, skipping and hockey. For both boys and girls swimming is strongly advocated.	
190. The attention of parents and all who are responsible for the care of children is directed to evidence dealing with the following, viz. :	
(1) Clothing which fits too tightly is obviously detrimental to chest expansion ; and	(1) For exercising, a light dress, loose at the waist, neck, and wrists, is best for girls, and ordinary clothing, minus coats and vests, is all that is necessary for boys. (2) Smoking is a most prejudicial habit for youths.
(2) Tobacco smoking before maturity is reached has a most prejudicial effect on physical development, and this evil and increasing practice cannot be too strongly denounced.	

The Report of the Commission.	Remarks by Eugen Sandow.
IX. Training and Qualifications of Teachers, and Inspection.	
191. We hold that if the physical training is to be satisfactory it should be given by one who is properly qualified for the work by having gone through some systematic course, and whose qualifications are guaranteed by the possession of a certificate granted under the authority of the Education Department, and upon clearly defined conditions.	I have already explained my course with regard to instructors sent out by me. The authorities have been greatly exercised in finding employment for discharged soldiers. A very big field is here opened to them. If selected Non-commissioned Officers and men were encouraged to study and qualify for the position of teachers of Physical Culture in a more perfect sense than that of the ordinary Drill Instructor, appointments might be found.
X. Voluntary Agencies—Cadet Corps and Boys' Brigade.	
197. We have already indicated the necessity for improved physical training in Elementary Schools, and the lines which it might follow. It is important not only for the scholars in these schools during their school course, but in view of a further development in the same direction at a later stage.	
198. In these schools we have no desire to impose any requirement that will give an unduly military character to the physical training, yet we fully recognise certain advantages in some aspects of military training and discipline.	In Germany military training has had a very marked effect for good on the male portion of the population, and if the results stated in para. 201 can be brought about it might prove a useful adjunct to physical education for many hundreds of such men.
199. The advantages claimed for Cadet Corps have been pressed on our notice by those well qualified to speak for them.	
200. The development of such a system is advocated on the ground that to its absence are due in a large measure the disorder and rowdyism to be met with amongst the youth of both sexes in many large cities. No adequate means are now provided for affording an outlet for the natural spirits of the young and for the use of muscles with which nature has endowed them.	
201. It has been suggested that a Cadet Corps might form the centre of organisation of physical drill and exercise for the youth of a district, with three good results, namely, improvement of physique, promotion of a corporate spirit, and discouragement of loafing.	
XI. Summary of Recommendations.	
210. In conclusion we would summarise the recommendations which our enquiry leads us to make as follows :—	
(1) *Elementary Schools.*—The improvement in regard to physical training will be brought about chiefly by a more intelligent conception of the proper aim of education, by recognition of the fact that the education cannot be based on sound principles which neglects the training and development of the bodily powers, and by	Needs no comment from me—the argument is unassailable.

The Report of the Commission.	Remarks by Eugen Sandow.
XI. Summary of Recommendations—*continued.*	
judging results as they are shown over the whole of school life, and not by short portions of that life. The school life should cover a larger part not only of the working time, but also of the recreation of its pupils. Larger provision of playgrounds and of exercise halls is necessary, and might with advantage take the place of a certain amount of class-room accommodation. Variety should be substituted for formal methods; and in connection with games, use should be made of all available voluntary help.	
(2) *Higher Class Schools.*—In the case of boarding schools, a certain amount of systematic physical exercise should be held to be necessary, and should be given independently of games; and in the case of day-schools, while the opportunities provided are, as a rule, considerable, care should be taken to see that the pupils avail themselves of these opportunities, and that games and physical exercises should be treated as an essential part of the school course. Such a course should include instruction in the elements of hygiene and physiology.	Needs no comment from me—the argument is unassailable.
(3) *The Universities.* — The condition of physical training at the Universities is unsatisfactory, and without suggesting that compulsion should be resorted to, we think that the subject demands the earnest attention of the University authorities, that they should afford adequate opportunities and facilities for such exercises, and that such re-arrangement of courses as may be necessary should be adopted in order to avoid an over-pressure which cannot but be injurious to the students, and hurtful to the nation generally.	I have written strongly on this subject already.
(4) *Feeble-minded and Cripples.*—In any efforts for benefiting children of this class, we are convinced that carefully-adjusted physical training must play a very large part. School Boards should co-operate as far as possible with voluntary efforts in this direction; and any further powers which are required to enable them to supplement such efforts should be given.	See quotation from my evidence reproduced in connection with para. 140.
(5) *Continuation Classes.*—For lads over school age these classes might be popularised by a larger introduction of physical exercises; and if attendance at these classes be not made compulsory for lads between fourteen and eighteen, there should be at least power in the case of proved vagrants to issue compulsory attendance orders for a continuation school, with a penalty, for breach of such order, of committal to a reformatory.	
(6) *Medical Inspection* — School Boards should have the command of medical advice	I have already remarked on the necessity of a thorough physical and medical examination of

The Report of the Commission.	Remarks by Eugen Sandow.
XI. SUMMARY OF RECOMMENDATIONS—*continued.*	
and assistance in the supervision of schools ; a systematic record of physical and health statistics should be kept ; and a small number of medical and sanitary experts should be added to the inspecting staff under the Education Department.	children, and of arranging them under medica direction in suitable standards.
(7) *Feeding.*—It should be one of the duties of School Boards and school managers generally to enquire into cases of apparently insufficient feeding ; that they should provide facilities for the provision of suitable food by voluntary agencies, without cost to public funds, and should co-operate with these agencies in the organisation of this work. Should this prove inadequate, we think that powers should be given to provide a meal, and to demand from the parents a payment to meet the cost price.	The remainder of the recommendations need no words from me, as they only convey the principle of my system and the statements made by me.
(8) *System.*—While we are unwilling to confine teachers unduly to a hard-and-fast system, we think that certain principles should be carefully observed, and fundamental uniformity of method, for convenience of organisation, maintained. We have recommended (Part VIII, § 180) the appointment of a skilled committee to prepare, under the auspices of the Education Department, a model course for a National System of Physical Training for Scotland. We hold that a daily amount of school time should, so far as possible, be devoted to physical exercises ; short periods of exercise at frequent intervals being preferable to periods of longer duration at greater intervals.	
(9) *Teachers.*—Except in large schools, or schools where the services of a special instructor are employed, the physical instruction should be given by the ordinary teaching staff. But for this purpose a certain amount of systematic training is absolutely necessary. The qualifications for giving physical instructions should be attested by a certificate issued under the authority of the Education Department, and in future no teacher should be recognised for giving such instruction unless he or she possesses such a certificate. In due course the possession of such a certificate should be an indispensable condition of recognition as teacher in any State-aided school.	See my remarks to para. 191.
No Training College should be recognised for assistance from the Parliamentary grant unless such systematic training forms a necessary part of its curriculum, or unless other provision is made for its being given to the students of the College.	
We think that any institution for physical instruction which is supported by adequate local effort, which is approved as necessary to	

The Report of the Commission.

Remarks by Eugen Sandow.

XI. SUMMARY OF RECOMMENDATIONS—*continued.*

meet the requirements of public schools, and which is certified to be efficient, should be eligible for grants on the same conditions as the present Training Colleges.

(10) *Inspection.*—There should always be on the inspecting staff persons who have given special attention to this subject, and competent expert and scientific aid should be available for advice and guidance.

(11) *Auxiliary Agencies.*—We think that such organisations as Cadet Corps and the Boys' Brigade may be of great use in connection with this work. Both agencies should be encouraged, and any assistance given them be given by the Education Authority, out of the grant for education. We hold that as means of disciplining the disorderly elements in society, and also of strengthening the available resources of the country, the aims of both these organisations are of supreme importance. But we prefer to regard them chiefly as means of benefiting the individual pupil, and as such we think that they may best co-operate with educational authorities, and receive any assistance granted by the State, not as military, but as educational agencies.

London Orphan Asylum,
Watford.

SIR,

The publication of the Royal Scottish Commission Report has brought the subject of Physical Training very prominently forward again.

Physical Culture, in its true sense, means the perfectly balanced and harmonious development of every faculty and function of the body, and must be based on true anatomical and physiological principles. Now, in my opinion, the "Sandow" system is based on the above principles, and my experience of teaching the "Juvenile" series of the system for over three years has convinced me of its advantages against the "Military" system of physical exercises for children (marching, the use of arms and movements I thoroughly agree with and practise twice a week). Concentration—the great point in the system—on the muscles being exercised is of primary importance, and the boy who practises it is laying the foundation for "concentrating" his mind on his work in after years and controlling his will power; the exercises are systematically designed to affect every muscle in the body without undue strain and fatigue, and the muscles of respiration have especial attention, the elevating, suspending, and depressing muscles are brought into action, the capacity of the air cells increased (and a consequent supply of pure blood), resulting in a broad and deep chest, and the mobility of the chest walls, very beneficial to a schoolboy who, after the stooping position necessitated by sitting at a desk, must invoke cramped chest, round shoulders, and defective respiration.

The Royal Commissioners especially mentioned in their Report the breathing exercises of the "Sandow" system as practised at the London Orphan Asylum, and recommended their inclusion in a model system to be adopted (very high praise from such experts as composed the Commission). The exercises constantly vary and alternate the upper, lower, and trunk muscles that the development is spread over the whole of the muscular system and soon becomes apparent, and when a boy sees his muscles begin to develop his interest in his work is increased.

The physical exercises of the "military" system are intended for men ranging from 18 to 30 years of age, and are obviously too severe for children if practised as laid down in the book of "Infantry Training."

The ancient Greeks are held up to us as perfection of physique, but did they not also produce the greatest philosophers of the day, clearly proving that mind and muscle went together.

If the "Sandow" system had been in vogue in schools in England, the extraordinary number of rejections of men who volunteered for the I.Y. during the later stages of the war would not have occurred.

Wishing you all success with the "system," and hoping it may be more generally used,

I am, Sir,
Yours faithfully,
F. D. KING,
Instructor, L.O.A.

To Mr. Eugen Sandow.

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DEAR MR. SANDOW,

Mr. Bibby is anxious that I should let you know what splendid results we have obtained by using your system of physical exercise for my young pupils.

It really seems to me an impossibility to express an opinion of the "Sandow System"—words seem so futile when trying to discuss what seems to need no explanation or talking about at all. Surely everybody can see—by the many examples around—by reading the pages of your magazine, or if needing further proof, by a visit to one of your schools, how excellent and unequalled the "Sandow System" is.

My experience lies mostly with children, and I wish it were compulsory that physical exercise as taught by you should form part of the daily routine of every child. (What healthy children we should see!) I know one boy who was not considered to be very strong, nor very muscular, and who, after working at your exercises for about a year surprised all his friends by his health and his muscular strength. He is now a perfect specimen of a strong, healthy English boy. I wish all parents, teachers, and guardians realised the necessity of a "System of physical exercise" for children—boys and girls; how your system supplies that necessity; how excellent it is; and how by adopting it weak children can be made strong, and those already strong kept so, and improved.

Yours faithfully,

ALICE HARE.

Mayfair,
June 8th, 1903.

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TO MY READERS.

IMPORTANT NOTICE RELATING TO MY POSTAL INSTRUCTION DEPARTMENT.

I regret having to announce that owing to the enormous mass of correspondence which inundates me day by day in connection with my Postal Instruction Department, I cannot possibly, under existing conditions, give the necessary time and consideration to each individual application.

I have therefore decided, in common fairness, to limit prescriptions by post to what may be called

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THIS HAS NECESSITATED THE DISCONTINUANCE OF THE 2/6 MONTHLY COURSE.

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WEAK LUNGS,
OBESITY,

and generally the disorders resulting from a sedentary life.

Those of my readers requiring treatment under these and similar headings, should write to me at the offices of the Department, and I will send without charge my new treatise, **CURATIVE PHYSICAL CULTURE,** a handsome volume of 50 pages, which will give the necessary information.

The fees are, of course, on a revised scale, but they will be found commensurate with the work involved.

(Signed) Eugen Sandow

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GRANGETHORPE, O. W, TRAFFORD, May 2nd, 1900.

SIRS,—Your dumbbells to hand, for which please accept my thanks. Having used them on previous occasions I can honestly say I have derived much benefit from them, and, so far as cricket is concerned, I feel sure that nothing but good can be the result of the use of the same. A pair of your dumbbells are kept in the chief dressing-room of our pavilion.—Yours truly, A. C. MCLAREN.

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